

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

September 19, 2007



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Community turns out for Walk 4 Freedom kickoff

by SHANNON HILL
Special to the Bavarian News

Nearly 250 people from the Grafenwoehr and Vilseck communities gathered at the Little Mike baseball park Sept. 8 to participate in the U.S. Army Garrison Grafenwoehr Freedom Walk.

Co-sponsored by MWR and United States Army Center for Health Promotion and Preventive Medicine-Europe, the 5 and 10K Walk for Freedom Fun Run doubled as a fun run and a kickoff event for the Operation Walk for Freedom.

The Operation Walk 4 Freedom is an idea borrowed from the Wuerzburg community where

residents attempt to walk the mileage from here to Iraq (roughly 2,000 miles), or wherever their loved one is deployed. Participants of all ages are provided with garrison supplied podometers, and turn in their mileage once a month to their sponsoring FRG or gym.

"This kickoff walk gives Family members a year to walk the distance to their Soldiers and then give them a kiss when they get back," said Tracy Svalina, the USAG Grafenwoehr/ Vilseck Health Promotion coordinator. "I'm so proud that the community came together to support this program. I'm excited to see it flourish and want the troops to be proud when the come back home."

Included in those supporters were various MWR and garrison employees and the Vilseck High School JROTC, who directed traffic during the walk.

"This is a great way to show support for the troops and keep in shape," said Angie Smith, mother of five and wife of Staff Sgt. Lindell Smith who is on his fourth deployment. "(My husband) is glad we have something to keep our spirits up, join the community, and have friendship. We try and walk everyday."

Trophies were awarded, and all participants received a T-shirt.

See **RESULTS** Page 26

DRAGOONS UPDATE

2SCR set to help secure Baghdad

Story and photo by
Spc. L.B. EDGAR
7th Mobile Public Affairs Detachment

The 2nd Stryker Cavalry Regiment is taking over as the quick-reaction force for the Iraqi capital, allowing the Soldiers of the 3rd Stryker Brigade Combat Team to return to their Fort Lewis, Wash., home station after more than 15 months of combat.

With the relief in place and an official transfer of authority looming, the "Dragoons" of the Germany-based 2nd SCR are gearing up for their own 15 months of missions.

Though the 2nd SCR is a regiment in name, it is actually larger than a standard brigade.

In fact, it is the equivalent of a typical Stryker Brigade Combat Team, said Lt. Col. Bryan Denny, 40, the

regimental deputy commander of 2nd SCR.

"Our regiment is no different than any Stryker Brigade Combat Team. We just have a cool Cav. name that has a 170-year history behind it, as the oldest continuously serving cavalry regiment in the U.S. Army," said the native of Oxford, N.C.

See **DRAGOONS** Page 26



Sgt. 1st Class Stephen Pickerin, a senior paralegal NCO for 2SCR's Headquarters Troop, sets up gear on the hood of a Humvee prior to an inspection on Camp Liberty, Iraq Sept. 8.

Fancy yourself a songwriter? Enter 'Soul' competition

by KATIE COWART
Assistant Editor

Calling all songwriters in the military! The Dallas Songwriters Association has announced the requirements for their Songs from the Soul of Service songwriting contest.

This competition, open exclusively to military personnel, is accepting submissions until Dec. 31. Categories include:

- Country (Folk/Bluegrass/Country)
- Hip Hop (Hip Hop/Rap/Urban)
- Instrumental
- World (Jazz/World/Cultural-Centric)
- Novelty (Novelty/Children's)
- Inspirational (Patriotic/Inspirational/Worship)
- Pop (Pop/Rock/Alt/R&B)
- Afghanistan and Iraq

The last category is only for service members deployed to Afghanistan or Iraq at the time they submit their song. William Brown, a Dallas

Songwriters Association Board of Directors Songs from the Soul of Service committee chairperson, said that if a song did not win one of the other categories, it would be reconsidered under this category if the writer is deployed.

Last year's overall winner, Arkansas Army National Guard Sgt. JR Schultz, was deployed to Iraq when he wrote and submitted his songs. He won the country and novelty categories.

"Songwriting definitely filled an empty space while I was away from friends and family," Schultz said. "It not only gave me something to do, but also served as an outlet for the many emotions a Soldier feels while so far away from home. It also helped to forge friendships with the other Soldiers that I played with."

After receiving over 400 submissions, going through them all, and picking a winner in each category, the Dallas Songwriters Association compiled all winning songs onto a CD. The winners also performed at a concert near Ft. Hood, Texas.

Brown said that one of the most memorable submissions in last year's competition came from Army Staff Sgt. Lindsey Ham, who was concerned because he didn't have all the high-tech equipment to make a recording.

"I am in Kuwait peering across the berm into Iraq. This is my second deployment here in a span of months," Ham said. "I promise...I worked with what I had which was a small recorder; so I went to a port-a-john out here that was set apart in the desert from the others."

"We popped in his tape and listened to his submissions as a group," Brown said, "and we were treated to one of the sweetest baritone voices you



Schultz

See **DEADLINE** Page 26

Sept. 29 Friendship Walk set to increase awareness

by KATIE COWART
Assistant Editor

Community members are invited to help raise awareness for people living with disabilities during the second annual Friendship Walk Sept. 29.

The idea for the walk was introduced by a parent of the child with Down syndrome, said Karen Vojtecky, the Educational and Developmental Intervention Services contact for the event.

"There are similar events in the States. We also thought it would be a great public awareness activity for all of our new Families moving here," she said.

Last year's event included 70 participants along a one-mile route. This year, Vojtecky hopes there will be more interest due to the increased number of Families in the area.

The crowd will begin gathering at 9 a.m. on Sept. 29 at the new AAFES parking lot, and the walk will kick off at 10 a.m. She also mentioned that the commander of the Joint Multinational Training Command, Brig. Gen. David Hogg, and U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle will attend the opening.

Sue Kirlin, a special education

See **COMMUNITY** Page 26

Q&A

What are your *thoughts* on the millions of Made-in-China recalls?



Staff Sgt. Robert Whyte
"Well, I grew up eating lead paint, and I'm perfectly normal."

Jenny McCann
"Mattel should be making products in the USA. Instead of taking the risk of losing money in recalls, build at your home base."



Michael Brumch
"What China makes is not 100 percent good. They want to make all the copies and they don't make them good. Most of the products are garbage."



Spc. Pierce Davis
"I'm glad they recalled them because my son plays with them."



Tracey Jennigan
"The liability lies on Mattel to make sure that their product is safe. Both China and Mattel have to find a preventative measure when making toys."



Sgt. 1st Class Annette Tharp-Wright
"It makes me nervous because my kids have been playing (with Mattel) since they were young. More quality assurance and control needs to happen ..."



Richard Sturm
"There's a lack of quality control. To make a dollar, they're cutting corners and using cheap products."



Staff Sgt. Marian Angulo
"(The manufacturers) just did it for the money. You never know what anybody's agenda is."



Continued noise, litter could end night access to Gate 1

College Football is truly upon us. Who would have thought two traditional powers would be 0-2?

I still think we should wait until week seven before the polls come out but off to the column again.



Speed limits

Most of you I am sure have seen the AFN Grafenwoehr commercial on Highway 2166 between Grafenwoehr and Vilseck. It was made some years back frankly to wake people up and tell them to follow speed limits.

It is not the most dangerous highway in the world as some have claimed but it was such a successful commercial that AFN stations all over the world still carry it.

With the opening of the new PX/commissary this month and the number of cars and buses on that road because school started again the amount of traffic on the road is likely to increase.

The German government has improved the road twice in the past two years. In fact a portion of that road (probably until the lines get painted) is 70 kph. But I regularly get passed by vehicles.

The overall message remains the same. Slow down and watch road conditions. It isn't the most dangerous road, it is the people who refuse to follow the rules that can make it a dangerous road.

Along those lines, we have opened almost half of the Netzaberg housing area. This is a built-to-lease community, meaning we need German approval to post speed limit signs.

But that should not make a difference. Once you turn into the housing area, you should slow way down. There are sloping hills

and many curving roads. There are a host of children and animals in the street.

We should not need to post speed limits to avoid a needless tragedy. Slow way down and be on the look out for children darting in the street.

Soldier conduct vicinity Gate 1

As the garrison commander, I have to balance the needs of the entire community. For the past two years (and probably longer), we have elected to keep Grafenwoehr's Gate 1 open at night to support (usually) single Soldiers and the night life immediately outside the gate.

We have done this consciously and accepted some of the loud noises that occur once the bars close with the hopes of reducing the number of potentials DUIs.

However, recent activities have caused me to reconsider this policy.

Family members who live near the gate should not have to put up with the noise, passed out Soldiers (and dependent young adults), broken bottles within the vicinity of the school, and vomit and other bodily emissions along the route from the bars.

My command sergeant major will soon develop a program to provide senior tactical leadership along the route.

These leaders will help enforce standards we expect of all of our Soldiers and their family members.

For those of you who use Gate 1, this is a notice. Follow the rules and police up your buddies.

Don't allow a couple of people ruin this access to the city of Grafenwoehr.

National Suicide Prevention Week

Many of you may have heard of the upswing in the number of suicide attempts (and sadly successes) in DOD in the past year. In conjunction with World Suicide prevention day, Sept. 10, the Department of Defense has established Sept. 9-15 as National Suicide Prevention week.

The goal of this week is to inform all members of the community about signs to look for and to promote open, honest, and respectful dialog with those who seem to or

appear to be overwhelmed with emotions and feelings from frankly a host of reasons.

For more information on the program, visit <http://chppm-www.apgea.army.mil>. Type in "suicide" in the search engine.

In response to the 15-month deploy/12-

month dwell policy, the Grafenwoehr garrison continues to try and make more child care available to the community. CYS will open the CDCs and SAs on Friday nights until 9 p.m. and alternate opening two Saturdays a month between the Vilseck and Graf communities.

The Teen Centers will also staff Open Gym on Saturday afternoons in both communities. For more information, call Central Registration at GrafDSN 475-6656 or Vilseck DSN 476-2760.

We will continue to look at ways we can to support the Families to help me make this the best place to live and serve in Europe.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

We should always be in husband, wife roles



JACKIE ECKHART
On the Homefront

My husband found me sitting on the front stoop, the day's mail opened and discarded between my splayed feet. That's never a good sign.

A lesser man would have kept on driving. But my husband is brave. He is stalwart. He knew I'd seen him already. So Brad pulled into the drive, yanked the emergency brake, and came forth girded for battle.

"Bad day," he announced as if he were not asking the question so much as taking my temperature.

I nodded mutely. Had this been "It's a Wonderful Life," this would be the scene where I, as Tommy, would be burping at my coat tails and Zuzu's teacher would still be sobbing on the phone. I'd be muttering to myself like a madman, "Why do we have to live in this drafty old house? We might as well live in a refrigerator. You say we're a happy family. Why do we have to have all these kids?"

Brad looked down at Little Me chained to the step. Then he looked up the quiet street and peered through the window at the children in a pre-seizure state swaying in front of Digimon or Star Wars II.

"Let's get in my car," he said.

"Wha...?"

Brad pulled me to the car. "I want you to hear how great my new CD player sounds."

Terrific. The kids spend the day strip mining my soul and now my partner in life wants to brag how he's got a radio? I felt very Shania Twain. But Brad is a nice man. And I don't get invited out that often. So I climbed into the passenger side and sank into the sheepskin seat cover as Brad turned the ignition.

"Look! I've even got a remote!" he said, showing me how you could switch CD's from all the way in the back seat. "It glows blue!"

"Neato," I said with distinct lack of enthusiasm. "Maybe we could spend the night out here and roast marshmallows in the LED display."

"Mmmm, I don't know," he mused.

"Marshmallows are kind of a mess."

Sarcasm is so underappreciated.

But we sat for a while and listened to the vocals of Mel Torme and talked about work — uninterrupted. The whole thing was so peaceful that it made me think of this thing parenting expert John Rosemond says. He always reminds parents that this is just where most couples make their mistake — not in a darkened car steaming up the windows (although there are some very interesting

mistakes that might be made there), but in failing to insist on having uninterrupted time together. Rosemond says that when the kids are born, young parents get the idea that the family should revolve around the children, the children's needs, the children's activities.

Instead, it is the other way around. The family is supposed to revolve around the marriage. We are supposed to be thinking of ourselves as husband and wife all the time. We need to come out of those roles to parent on an as-needed basis. It's good for the kids. It's good for the marriage.

It's hard to do. Between soccer and football and weekly spelling tests, our uninterrupted moments rarely occur. Just as I was going to tell that to Brad, the kindergartner's face appeared at the window. "I'm hungry now. Can we have blue ice cream?"

"We'd better go in," I sighed.

As we crawled out of the car, our neighbor across the street gave us a sharp look. She'd never believe we were just talking.

"We really ought to do this again sometime," Brad said as we started up the steps.

And soon.



Cartoon by Stephanie Bias

Grafenwoehr Elementary, Age 9

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The D-word

Few Americans want the draft reinstated



TANYA
BIANK

The draft. There, I said it. This soiled little word is so embedded in the American psyche that whenever a public official or military leader ventures into D-word territory, it rattles public sentiment.

So, last month when a reporter from National Public Radio's "All Things Considered" asked President Bush's new "war czar," Army Lt. Gen. Douglas Lute, about the possibility of a return to the draft, his answer — innocuous as it was — made headlines.

Lute, in his first interview as assistant to the president and deputy national security adviser for Iraq and Afghanistan, said that with the stress of repeated deployments on service members and their Families, it makes sense from a military vantage point to consider the reinstatement of the draft.

Politicians, the ones responsible for sending troops into harm's way, would have a personal stake in their war vote — their own children and grandchildren.

That option, Lute said, has always been on the table. He also pointed out the all-volunteer force is serving the country "exceptionally well" and that it would be a major policy shift to change course.

That last bit got dismissed in the headlines: "Senior U.S. Soldier Puts Draft on Agenda"; "Army Chief Calls for Return of Draft to Ease Fatigue"; "Bush War Czar Says Draft Worth a Look"; "Bush Adviser: Draft Worth Considering"; "Bush's War Czar Considers Reinstating the Draft"; "Bush War Czar Calls Draft an Option."

White House and Pentagon officials closed ranks and pointedly announced the draft is not under consideration, nor is it an option "on the table."

From a political standpoint, revisiting that Vietnam vulture would be a death knell to an administration.

Few Americans want the return of the draft, which Nixon eliminated in 1973. Neither do our service members, the men and women who make up our nation's all-volunteer force. "We do not need it. We will not need it. I do not want it. Nobody I know in uniform wants it," a field grade officer at Fort Hood, Texas, told me.

A draft, he said, would give us what we don't need — unmotivated, poorly trained, misinformed soldiers — who would raise desertion and AWOL rates, cause disruption to fighting units and mobilize an otherwise apathetic national student population.

In the all-volunteer force, serving is seen as a privilege. For a conscripted military, it's a burden. No one I know in the armed forces wants to be around that type of karma.

Our country has roots in a conscripted force dating to the Civil War. Draftees fought in both World Wars, Korea and Vietnam.

When terrorists struck the Twin Towers and the Pentagon, we already had a large professional fighting force capable, ready — and let's not forget, willing — to fight anywhere in the world.

But with our active-duty, National Guard and Reserve troops on their third and fourth deployments in Iraq and Afghanistan, the idea of sharing in the nation's wars, at least from an idealistic standpoint, is tempting.

Politicians, the ones responsible for sending troops into harm's way, would have a personal stake in their war vote — their own children and grandchildren.

And the deaths of service members on the evening news would no longer be background noise for American families.

What would the reinstatement of the draft say about our society? Could it be an indicator our nation has lost its drive for volunteer service? Or simply that (we) are unwilling to support an unpopular war?

I don't have those answers. What I do know is that there are many ways to serve one's country.

As John F. Kennedy said in his 1961 inaugural address, "And so, my fellow Americans: Ask not what your country can do for you, ask what you can do for your country."

Tanya Biank is a journalist and syndicated columnist with CinCHouse.com. Tanya's book "Army Wives" is the basis for Lifetime Television's hit drama "Army Wives."

Spotlight on Education



Name: Tim Rausch

What subjects do you teach? Band and English at Grafenwoehr Middle School

Hometown: Madison, Wis.

How long have you been a teacher? 10 years

What do you like best about teaching?

My favorite part of teaching is watching students connect something I'm teaching with something they already knew. Watching this "lightbulb" click on is like watching the future get brighter.

What advice can you give students? Never let your fear of failure prevent you from trying to succeed.

Anniversary of 9/11 reminds us why we're fighting

Today, six years after a date that is commemorated throughout the world as "9/11," we recall why we are engaged in the Global War on Terrorism.

This is not a war that we sought, but one that was thrust upon us by a group of people who despise freedom.

When questioned by the very people they supposedly represent, these tyrants respond by murdering their own men, women, and children.

Their intent is clear: By launching unprovoked attacks on innocent civilians in the United States, the United Kingdom, and Spain, these terrorists are striving to undermine the leaders and the symbols of the free world.

They also murder leaders of their own countries who are struggling to promote tolerance and freedom.

As long as our nation has existed, we have

As long as our nation has existed, we have battled tyranny and persecution imposed by belligerent governments and groups of individuals who have tried to deprive people of what the founders of our nation referred to as 'unalienable rights.'

battled tyranny and persecution imposed by belligerent governments and groups of individuals who have tried to deprive people of what the founders of our nation referred to as "unalienable rights."

Today, those who are attempting to deprive others of basic freedoms have no voice in a civilized world.

Instead, they hide behind the mask of terrorism to inflict indiscriminate suffering on those they wish to dominate.

We have stood firm against this sort of brutality in the past, and we will continue to

stand firm in the future.

It is not just our independence at stake, it is the freedom of all people in all countries to live, speak, and worship freely, and to pursue these liberties without being persecuted.

The Soldiers, civilian employees, and Families of the Army in Europe have dedicated themselves to the struggle against oppression for six decades.

We voluntarily serve while stationed far from home.

We represent all walks of life, all parts of the country, and many different religions, yet

we work together and with our allies and our friends around the world for the common good so that people of all nations can live freely without fear of oppression.

As we enter another year since the atrocities of 9/11, we will continue to work together with our allies and friends to ensure all people can enjoy the freedoms that we Americans often take for granted: the freedom to live, to speak, and to worship according to individual choice without fear.

I thank all of you for your sacrifices and your uncompromising commitment to defending the "blessings of liberty" and the rights of the oppressed throughout the world.

*Gen. David McKiernan
Commander,
U.S. Army Europe*

Interested in volunteering? Making a difference in a child's life?



The Grafenwoehr Torch Club and Veterans of Foreign Wars Post 9334 have received wonderful support from the community for the last four years by assisting orphans in need for the holidays. Let's make a difference in their lives again this year. Contact the Grafenwoehr Teen Center at DSN 475-7441 for more information.

Look for the Bavarian News online at www.milcom.de



HEALTHY EMPOWERMENT

BY DEMETRIUS WILLIS

Dear Demetrius, I have been making changes to my diet but can you tell me a little more about how to have my favorite foods but still avoid the extra fat?

I know you can't do that with all foods but knowing a few may help me convince myself that I can still have a favorite meal here and there.

*"Food for the Better,"
Roxanne*

Dear Roxanne, Not taking away all your favorite foods is important. Let's start with ground beef.

We don't want beef type products too often because they are a high fat meat. Instead, try ground turkey.

It is lower in fat and more tender than beef. Initially, use half turkey and half

hamburger.

Buy the highest percentage lean hamburger meat you can get (this should be 92 percent if you get it from the commissary).

After you brown it, pour very hot water over it to rinse the grease off. Note that if the water is not very hot it will solidify the fat to the meat.

Do this step three times in the early preparation of your meal and you have just removed a good bit of extra fat.

And no, you did not remove the flavor. Season your meat as usual, avoiding excess salt, and enjoy! Good luck!

Demetrius

Send your nutrition and fitness questions to usaggnews@EUR.army.mil. Demetrius is a registered dietician and a certified personal trainer.

SCOUTING FOR A GOOD TIME?

Local Cub Scouts enjoy summer's end at day camp

by **KATIE COWART**
Assistant Editor

Boys are stereotypically famous for loving outdoor activities, especially during the summer. Several of the community's youth got to enjoy just that - summer time - during a Cub Scout day camp Aug. 24-26.

The annual event was held at the Scout Hut on Grafenwoehr and provided registered scouts with an opportunity to learn new skills and earn scout patches.

Camp participants learned a variety of skills including how to fire a BB gun, tie knots, and shoot a bow and arrow. BB shooting and archery were the two most popular activities at the camp.

"The main reason the boys said was because they didn't get a chance to shoot them (BB guns and bow and arrow) often," said Cub Master Darren Brown, who first became involved with Scouting when his oldest son entered the program. "Camp is also the only time that the boys can get awards for shooting."

Campers had the opportunity to earn the Junior USA Shooting Badge by mastering the shooting events. Brown said that all 54 Cub Scouts at the camp succeeded in earning this badge.

This camp was not an overnight activity, but Brown said they strive to have two "overnighters" per year. An adult chaperone is needed for each boy for overnight campouts.

This year's 54 scouts came from Grafenwoehr Cub Scout Pack 261 and Vilseck Pack 240. In addition to the kids, 35 adult leaders attended and helped run the camp and manage the Tot Lot, where the younger siblings and children were cared for.

"We did have a few Boy Scouts that helped

run a few of our program stations," said Brown. "The boys saw how a day camp runs and also got a camp staff shirt and kerchief."

To enroll in Cub Scouts, a boy must be in first grade, or six years old. The maximum age for the Cub Scouts is 11, or fifth grade.

According to Brown, the Cub Scouts are always looking for new scouts.

For those boys that are close to the Graf area, send an e-mail to bsa-pack261@hotmail.com to ask about signing up.

For those who are outside the Grafenwoehr area, visit the Transatlantic Council Web site at www.tac-bsa.org and click on the districts link at the top of the page. The map is color coded based on the area that you live in.



Photo by Paula Guzman

Eight-year-old Dominik Glather, of Grafenwoehr's Cub Scout Pack 261, tries his hand at archery during an Aug. 24 day camp. Glather is assisted by U.S. Army Garrison Grafenwoehr Commander and Pack 261 Committee Chair Col. Brian Boyle.



Local Girl Scouts enjoyed cool summer fun at Vilseck's Big Mike Lake during their Aug. 20-23 summer program.

Summer program a bonding experience for Girl Scouts

Story and photo by **BILYANA ATOVA**
Bavarian News

The U.S. Army Garrison Grafenwoehr Girl Scouts summer program provided an unforgettable bonding experience for local girls.

The program, which took place for the first time Aug. 20-23 at Vilseck, was an evening Twilight Camp organized and sponsored by U.S.A. Girl Scouts Overseas - Grafenwoehr.

The first two evenings of the camp, Daisies and Brownies—consisting of girls entering kindergarten to third grade—had an opportunity to experience art in various forms at Vilseck's Big Mike Lake.

The girls sculpted, painted, did wood work, and made candles and dolls that were later displayed in an exhibit to family and friends, explained Kelly Mayou, the USAGSO Overseas

committee co-chair.

"It was awesome. It went really well, and the girls had so much fun," said Mayou about 36 girls who participated in the "Experience the Arts" session. Of the 36 girls, she said 26 were new to Scouting.

She also talked about the overall importance of the camp.

"The purpose of the camp is for the girls to have a little more support, especially with all the guys (Father-Soldiers) leaving," said Mayou.

The older Girl Scouts, ranging from fourth through twelfth grade, also enjoyed camp activities, including canoeing.

They visibly had fun as they developed water safety skills and teamwork.

Both camps were planned by local fifth graders Kate Mason and Lisa Ross.

"They did it so they can earn their bronze awards," Mayou said. "They put the camp together; we have been just the advisors."

Grafenwoehr's Scouting program is exactly the same as the program in the U.S., explained Mayou. She said it's an activity dedicated solely to girls, allowing them to build lifelong friendships and develop positive character.

"The biggest thing that the Girl Scouts have to offer is meeting other people," Mayou said.

Anyone interested can sign up as a scout or volunteer as an adult leader.

"Girl Scouts does not work without adult volunteers," she said.

Girl Scouts of the U.S.A. is an organization founded in 1912 by Juliette Gordon Low. Girl Scouts' membership has grown from 18 members in Savannah, Georgia, to 3.7 million members throughout the United States.

Morale call system updated

Special to the Bavarian News

As part of a continuing effort to provide outstanding health, morale, and welfare support to personnel stationed in the Army in Europe, USAREUR and 5th Signal Command have upgraded the way these personnel may make HMW telephone calls from deployed locations to family members in the European theater.

Deployed personnel from units in the Army in Europe may make two 15-minute HMW calls per week to family members in theater without operator intervention using automated attendants, or AAs.

To do so, they must first obtain a personal identification number from their telephone control officer.

Rear detachment and deployed unit TCOs will use the Unit Morale Call PIN Issuing Resource - Europe (at <https://umpire.hqusareur.army.mil>) to request PINs for each deploying and deployed person in their organization. (TCOs must have TCO appointment orders on file with the USAREUR G6 TCO (DSN 370-8602).)

PINs will be requested for a period beginning one month before deployment to three months after the planned end of the deployment.

UMPIRE allows TCOs to save PIN lists as Excel files and print out cards that provide personnel their unique PIN and the telephone number they must dial to process HMW calls.

Deployed personnel will use their PINs to access Army in Europe AAs to place HMW calls. Calls may be made 24 hours a day, seven days a week, 365 days a year. The AA capability will allow PIN-equipped callers to connect to DSN and private telephones in the European theater.

Government cell phones will not be used to initiate or receive HMW telephone calls (AE Suppl 1 to AR 25-1). For the purpose of this policy—

■ The European theater includes Belgium, Germany, Italy, Luxembourg, and the Netherlands.

■ Deployed personnel include Soldiers and DA civilians stationed in the Army in Europe, and contract personnel working for Army in Europe units, who are deployed to support exercise, contingency, or peacekeeping operations in locations that lack sufficient civilian telecommunications infrastructure.

Personnel should contact their unit TCO for further instructions and information.

This system helps ensure that all authorized deployed personnel in the Army in Europe have full, fair, and equal access when making HMW telephone calls.

It also saves money by reducing abuse of the system and helps ensure that the Army in Europe is in compliance with higher level policy from DOD, the Chairman of the Joint Chiefs of Staff, and HQDA.

This service is not available to personnel from the continental United States or other locations outside the European theater.

Those personnel must follow procedures established at their home station for making HMW telephone calls.



Hometown Holiday Video Greetings

Send a holiday video greeting to your folks back home.
A television crew will be available at the following locations:

Vilseck
Monday, 1 October 2007, 11 a.m. – 5 p.m.
In front of the Food Court

Grafenwoehr
Tuesday, 2 October 2007, 11 a.m. – 5 p.m.
In front of the PX

Free!

Don't forget to bring the complete address and telephone number of your family in the U.S.

Service members must be in uniform.
Family members and DA Civilians may also participate.
For further information call the
U.S. Army Garrison Public Affairs Office
Tel: 09641-83-1600, DSN 475-1600.



Hispanic Americans:

Our Rich Culture Contributing to America's Future

EVERYONE IS INVITED!

Come join us as we celebrate Hispanic Heritage Month!!!

Events include but are not limited to:
Food Sampling, Cultural Music/Performances, & Dance/Dominos Competition

Date: 20 Oct 2007 Time: 1200 – 1700hrs

Location: Grafenwoehr Field House

For additional information please contact:
SFC Jacqueline Galloway
USAG Grafenwoehr EOA
jacqueline.galloway@usag.gva.army.mil
DSN 475-7215 or 01717486265



Induction ceremony hails new NCOs

by **Capt. JUNEL JEFFREY**
JMRC Public Affairs Officer

Soldiers and civilians crowded the Community Activity Center recently as 22 of Hohenfels' brightest Soldiers were inducted into the Noncommissioned Officer Corps.

The community rallied in support of its newly promoted sergeants, who have each worked hard on their journey to become junior leaders in the U.S. Army. While they all have followed different paths in reaching this great milestone, this formal welcome into the NCO corps served as an indication of the many positive experiences to come.

Command Sgt. Maj. Patrick Akuna, 1-4 Infantry Battalion command sergeant major, organized the event and was on hand to congratulate the new sergeants.

With more than 22 years of military service, Akuna is intensely committed to putting these new NCOs on the path to success.

"The NCO induction ceremony is an intricate part of the development of an NCO," said Akuna. "We are part of a timed honored corps, full of tradition and lineage and it is up to us, the noncommissioned officers, to continue that legacy."

Akuna and his staff of senior NCOs organized a day of events to help the new inductees cross over into their new roles.

The day culminated when the candidates were formally welcomed as NCOs. Command Sgt. Maj. Jose

Santos, of the Joint Multinational Readiness Center Operations Group, served as guest speaker of the ceremony and had wise words to impart to the NCOs.

"Although the challenge and the reward are great, the best is yet to come," Santos said. "NCOs must lead by example, and Soldiers learn by example. What you have learned will be a shining example for all to see and

emulate."

Beginning with a 6:30 a.m. formation on Warrior Field and a three-mile run, the new NCOs proved to their senior leaders that they were trained to win.

Senior NCOs spent the day teaching the junior leaders about NCO history, counseling, noncommissioned officer evaluation reports, and Army ethics. The event

also included a forum, where the new inductees had the opportunity to converse with their senior leaders on a variety of topics concerning their new lives as noncommissioned officers.

Newly promoted Sgt. Jose Quinones of Company C, 1-4 Infantry Battalion, said he learned a lot from the classes and is looking toward his new life as an NCO.

"Every class that I get, I take it as a blessing and opportunity to better myself," Quinones said. "It's because of the training I receive from my NCOs that motivates me to hang on to every word."

Sgt. Quinones and the 21 other newly inducted leaders are now in a position where junior Soldiers will now heed their words.

"Watching the NCO induction ceremony filled me with a sense of pride," said Pfc. Carol Lehman, of the renowned Visual Information Personnel Combat Camera team. "Seeing what deserving individuals can achieve by simply working hard inspires me to really strive to do my best work every day," Lehman said.

While Lehman has been in the Army only one year, most of which was spent at the Defense Information School at Fort Meade, Md., she expects a great deal from leaders within the NCO ranks.

"I expect NCOs to be great leaders in how they work as well as how they live their lives, fully living up to the Army values," Lehman said. "I hope to one day be an NCO as well."

For Pfc. Lehman and many others like her who hope to one day follow in the footsteps of these 22 warriors, Command Sgt. Maj. Akuna said the road will not be easy.

"They (NCOs) must truly understand that they are leaders 24/7 and they must always set the example for others to follow," said Akuna. "I am a product of my leadership. So shall their Soldiers be of them."



Command Sgt. Maj. Jose Santos, of the Joint Multinational Readiness Center Operations Group, was the ceremony's guest speaker of the ceremony and had wise words to impart to the NCOs.



Photo by Garry Barrows

INTENT ON SCORING: Alison (Deborah Barrows) comforts Nancy (Rosemarie Smith) who has just been hit in the head during a soccer game. The Hohenfels Box Seat Theater presented the one act play "Soccer Moms" at the Community Activities Center. The story centered around three engaging women who reluctantly take the field in a mothers vs. sons (third graders) soccer game. They intend to let the children win, but as the game unfolds they become intent on scoring. The competition ignites a fierce desire to recapture their youthful good-humor, independence, and sexiness, paving the way toward a better understanding of themselves, their families, and changes they need to make in their lives. This One Act Comedy will be the Hohenfels entry in the 2007 IMCOM-E Festival of One Act Plays to be presented the first weekend in October at the Heidelberg Roadside Theater.

Hohenfels PAIO chief named Stalwart Award winner

Special to the Bavarian News

Gwendolyn K. Ragle, the chief of Plans, Analysis & Integration Office and U.S. Army Garrison Hohenfels strategic planner was named a winner of the 2007 Stalwart Award for Europe.

The award recognizes Installation Management Agency personnel (military and civilian) who have exhibited strength and vigor in mind, body, and spirit in promoting the IMCOM mission and vision – individuals who have demonstrated the highest standards of performance in ways worthy of formal recognition.

Ragle's responsibilities include facilitating and managing installation strategic planning, documenting the truth of the organization, measuring installation quality and performance, and coordinating process improvements.

Ragle, with more than 16 years of service with the Department of Defense, will be presented the award at a ceremony in Orlando, Fla., Nov. 16.



Ragle

Winners announced for the 2007 JMRC Fall Golf Classic

by **BILL CRAVEN**
USAG Hohenfels MWR Sports

U.S. Army Garrison Hohenfels conducted their Joint Multinational Readiness Center Fall Golf Scramble at the Golf und Land club e.V. Schmidmühlen Sept. 10.

The day started out with overcast skies and wind, but it didn't seem to bother the 51 golfers that showed up to play. Each golfer had their opportunity to shine and take home an award.

In women's, Ashley Keating took home the trophy for longest drive while Jennifer Purucker took won the closest to the hole trophy.

On the men's side James Collins defended his title to win the longest drive award for the second year in a row, while Henry Frankenberg won the closest to the hole trophy.

The team of Chris Saucedo, Gary Bloomberg, and Allen Drew took first place with a score of 9 under par—two strokes ahead of their nearest competitor. Second place team finished at a respectable 7 under par consisting of David Wells, James Collins, Gary Bartlett and Troy DeReis. Third place finished the day at 5 under par consisting of Holton Stallworth, Leonard Ingram, Warren Smith, and Julio Irlanda. Everyone enjoyed the day and this event was a huge success.

From left, Bill Craven with winning team members: Chris Saucedo and Allen Drew. Gary Bloomberg, the third member of the team is not pictured.



Coach Hite talks about tennis, the team

Compiled by Garry Barrows

Coach Chris Hite, tell us about yourself:

I teach ESL and READ 180 at Hohenfels Elementary School. I have a bachelor’s degree from Virginia Wesleyan Collage and a Masters in Linguistics and TESOL from Old Dominion University.

I have been playing tennis and have been a fan of tennis since I was a teenager, but I never thought I would end up trying to get other people to love the game.

This is only my second year of coaching, but I think coaches really must inspire people to take ownership of a sport that the coach already loves. If I did not really like tennis I would not want to coach it.

You hear sponsors say, “I am just a person who comes out so the kids

can play the sport, but I am not a coach.” That’s okay, but that’s not me.

I look forward to working with the kids and seeing them get better at a sport I hope they will grow to love.

Do you have to be good at a sport you love? Not really! I am a very fair player, but I like to spread the enjoyment around.

Tell us about the team:

This year the team is even better and seems more well-rounded than last year. We have a few really stellar players with a lot of potential.

The new athletic director and the principal have been very supportive of the tennis program, and I feel like they and the school really want to build a team at Hohenfels.

I have a really strong boys doubles team that did very well at Europeans last year, and I am confident they will get even further this year.

I would love to see them get seeded and to finish their senior varsity year with a bang.

I also have a strong, well, potentially, strong girls doubles team this year. I did not have the option of taking a girl’s doubles team to Europeans last year, but this year I do, and that is exciting.

Any standout players?

I have two boys—Ryan Matheson, seeded number one, and Shaun Redden, seeded number two—who really stand out.

Many times your top players will come back to start the new

season, and will not be playing as well as when they left. Not the case with these two.

They have returned to play this season and are in better form than when they finished last season. These two are dead serious about rising up in the rankings this year, and I am right behind them on that.

They are both very competitive and have been playing doubles together for a few years now. They act as one out on the doubles court!

I have a returning girl – Vicky Cullum. She had some issues ... that prevented her from going to Europeans last year, but I am hopeful that she will shine with her new partner Alicia

Returning Players

BOYS

Augusto Rivera

No. 3 Seed

Gary Wayne

No. 5 Seed

GIRLS

Dana Parks & Minerva Bermudez

Newcomers include the boy’s Onyeuwa Fry and the girl’s Alicia Moczynski & Courtney Borg.

Moczynski this year.

It is nice to see more of a balance between the girls and boys teams. Usually it is lopsided one-way or the other. I have many returning players as well, and that is great because it shows they are still interested in the sport.

Returning boys include: Augusto Rivera as my number three seed, and Gary Wayne as my number five seed. I also have a new boy who shows promise. His name is Onyeuwa Fry, and I have seeded him as number four. He seems to have a great desire to learn the game and excel in playing it.

On the girls team I have returning: Dana Parks and Minerva Bermudez. Also coming to the girls team are newcomers Alicia Moczynski, whom I mentioned before, and Courtney

See **HOHENFELS** Page 28

Climbing the walls not necessarily a bad thing

by ELIZABETH MAULDIN

R.N., Hohenfels Elementary School Nurse

Students at Hohenfels Elementary School began climbing the walls—literally—on the very first day of the new school year.

Julie Kerchner, Hohenfels Elementary School physical education teacher, had a new climbing wall installed in the multipurpose room that serves as the gym.

Using Department of Defense Education Activity funds earmarked for purchasing new P.E. equipment, Kerchner purchased the wall for the 2006-2007 school year, but had to wait to have it installed earlier this summer.

“The response from students and teachers has been overwhelming,” said Kerchner.

The handholds are multi-colored, so the wall is visually stimulating, and just the idea that the children have a new and unusual activity for their P.E. class has increased their enthusiasm.” While the P.E. program has always been varied to peak student interest, the addition of the climbing wall reinforces the concept that physical activity can be fun and rewarding.

“One of the main goals of physical education classes is to set lifelong habits for these children so they do not even have to think about whether or not they want to exercise,” Kerchner said. “It has to become a routine without becoming a chore.”

With a new report released on Aug. 27 by the Trust for America’s Health outlining the growing obesity problem in the United States,

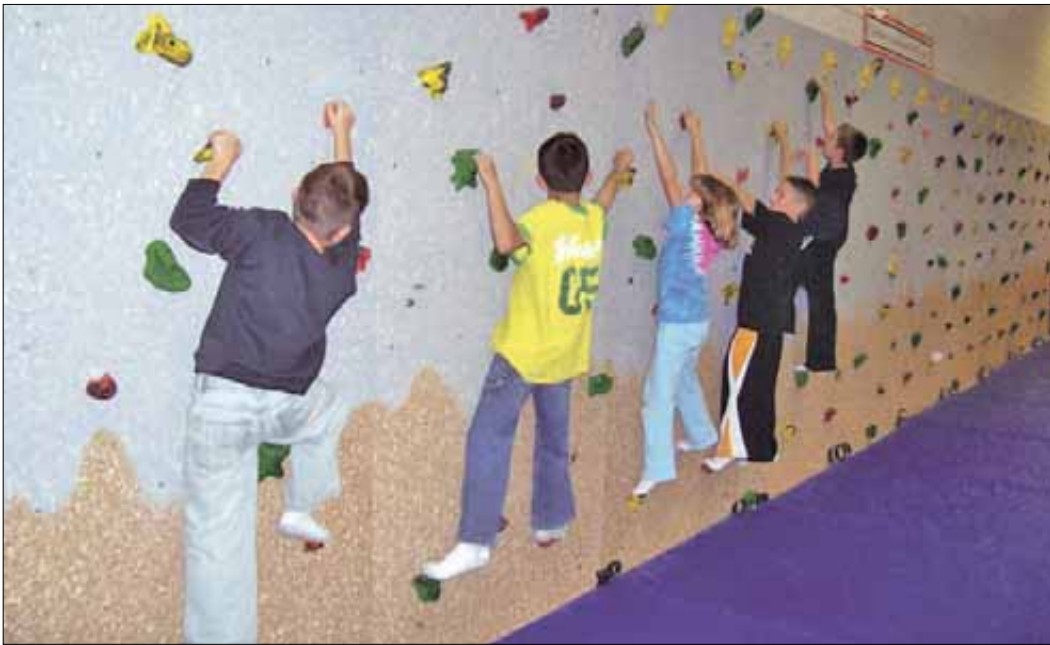


Photo by Garry Barrows

Students play “follow the leader” on Hohenfels Elementary School’s new rock climbing wall. The racers are (from left) Kealian Ziegler, Brandon Ruiz, Ella Kerchner, Aidan Kerchner, and Gabriel Kerchner.

schools can be on the front lines of combating this unhealthy trend.

The report identified each state’s percentage of obese adults and children. Mississippi topped the list with the greatest

number of obese adults, cracking the 30th percentile for the first time in the report’s history.

The District of Colombia had the highest percentage of obese children, with over 22 percent categorized as obese. Overall, 31 states showed

an increase in the percentage of obese adults, and of those, 22 percent had an increase for the second year in a row. No states showed a decrease in their numbers.

Lack of physical activity is a major factor in the ballooning obesity rates. According to a report from the Centers for Disease Control in Atlanta, more than 22 percent of adults admitted they engaged in no physical activity in the previous month.

In four states—Mississippi, Louisiana, Kentucky, and Tennessee—that number climbed to 30 percent. Statistics like that reinforce Kerchner’s concern and explain her determination to change the course of her students’ lives in a positive way.

In addition to the new climbing wall, Kerchner has made significant changes to the schedule for P.E. for this school year. Previously, the physical education classes were on a four-day rotation with art, music, and host nation classes. That meant that children had just under an hour of P.E. every four days.

With a new schedule created by Kerchner and approved by HES Principal Olaf Zwicker, and Assistant Principal Mary Salerno, students now have physical education every other day.

“I am fortunate to work in a school where everyone, from ... teachers to the administration, is willing to adjust his or her schedule so we can encourage our students to adopt a healthier lifestyle,” said Kerchner. “The implications for students not altering their sedentary lifestyles are too frightening to ignore.”

Denver Nuggets Dance Team performs for Hohenfels crowd

Story and photo by GARRY BARROWS

Bavarian News

As part of a 12-day European tour, the Denver Nuggets Dance Team visited U.S. Army Garrison Hohenfels Sept. 7.

In preparation for an evening performance in the Post Gym, the dance team held a cheerleading clinic for members of the Vilseck and Hohenfels high school cheerleading teams.

After beginning with a number of warm-up and stretching exercises, the dance team began the 90-minute clinic teaching various dance sequences that would, as the clinic progressed, evolve into an exciting and complicated routine.

Several on the dance team likened it to one of the sideline programs they performed at the Denver Nuggets National Basketball Association home games last season.

“Each clinic we hold has a totally different routine tailored to the group, their strengths and weaknesses,” explained the dance team choreographer and manager Sarah Schachterle. “We want them to have fun.”

As the students began to understand many of the dance movements they were seeing and turning them into a flowing routine, the enthusiasm level rose.

Hohenfels cheerleading coach Mini DeLamarter-Lefebvre recognized her squad was learning a routine that had elements they could use and refine in an altered form.

“This is dance, while what we do has sharp movements and ends in a cheer,” said DeLamarter-Lefebvre. “Our team members recognize the goal of high school cheerleading is more disciplined rather than the flair the Nuggets team is seeking.”

DeLamarter-Lefebvre spent a lot of time discussing teaching techniques with Schachterle.

“Video is the No. 1 way to fix things. Dancers sometimes don’t know what they are



The Denver Nuggets Dance Team teach the “driving the car” dance move to Hohenfels and Vilseck cheerleaders during a Sept. 7 clinic at Hohenfels.

doing wrong (until they see it),” Schachterle said.

Schachterle, who has been the dance team choreographer for nine years, noted that nearly 250 young ladies tried out for the dance team during a five-day camp. The 18 who were eventually chosen are the “best of the best.” She explained that the one-year contracts the dancers sign require the girls to take classes in public relations and public speaking and include a number of strict behavioral guidelines including no fraternization with the

Denver Nuggets players.

There is also a zero tolerance of any illegal activity and no flexibility concerning being late or absent from rehearsals or games.

“We are absolutely excited and thrilled,” said Nuggets Dance Team member Nicole Hurdle about the atmosphere of the group. “We get to speak with (Army) Families, and that has been awesome (for us).”

The team finished their visit in Hohenfels by performing for more than 300 community members and Soldiers at the Post Gym. The 90-

minute program was filled with over 17 dance routines including numerous visits by the team mascot “Rocky the Mountain Lion.”

After the show, the dancers remained to sign autographs and have their pictures taken with Soldiers and Family members. Once that was completed, some of the team members went to the The Zone Club for dancing.

While it proved to be a long day for the dance team, team member Stephie Buttars said, “We had a great time and Hohenfels has made our trip to Germany really fun.”

Suicide prevention: *everyone's* responsibility

by **JAMES W. CARTWRIGHT**
Center for Health Promotion & Preventive Medicine

Mail call had just ended for Charlie Company in Bagdad. Spc. Smith received a letter from home. Smith's buddy received a letter from his wife.

Smith read his letter and went to see his buddy, who was gone. Smith saw his buddy's letter shredded. Smith thought his buddy's behavior was strange because his buddy routinely stored letters from his wife.

He remembered during a recent suicide prevention class that when a buddy presents any unusual behavior, "a friend must have the courage to ask a buddy if he or she is thinking of suicide." Smith did not believe his buddy was suicidal, but concluded he must be upset about something.

Smith found his buddy walking alone near the perimeter. Smith got in step with him and asked him what was happening.

His friend shouted, "The ——— has found somebody else, and she wants a divorce." Smith realized that his friend got a "Dear John" letter. Smith said,

"Look, we're too close to the perimeter; we

could get killed out here." His friend responded, "That would make things easier for her—if I got killed. It really doesn't matter anymore."

Smith told his friend that he was not leaving him until he calmed down. Finally, Smith asked, "Are you thinking about doing something to yourself—like shooting yourself?"

His friend laughed nervously and said, "Hell no!" Smith said, "Let's get out of here so we can talk more."

While walking to the unit, Smith suggested that his buddy talk to the chaplain who could help him figure things out.

His buddy expressed concern about what his commander would think, but agreed to see the chaplain. The chaplain was available.

This story, a fictionalized account of real experiences, does not end with loss of life. Smith was alert to the unusual behavior exhibited by his friend.

He sought out his buddy and did not hesitate

to ask if something was wrong. He understood that an emotional curve ball had been thrown to his friend. He responded by staying with his friend and getting help. Smith remembered that there is power in the buddy system.

Unfortunately, not all situations have such a positive outcome. Suicide is the third leading cause of death for young men in the United States and is a concern for the Army.

In addition, deployments constitute an additional layer of concern for the welfare of Soldiers.

The Army offers a suicide prevention program with the overall goal of minimizing suicidal behavior among Soldiers.

Army chaplains and behavioral health officers are available to provide suicide prevention training.

The training teaches everyone to identify the warning signs of suicide, how to ask about suicidal thoughts and intentions, how to properly

intervene and give immediate support, and where to access resources for Soldiers who are at risk for self harm. The training emphasizes the importance of seeking supports. Soldiers fail to ask for help or access resources because of the stigma attached to seeking professional help.

Soldiers worry about the negative impact on careers if they see a chaplain or behavioral health professional. They can be discouraged from seeking interventions when they are told to "suck it up" by uninformed leaders who are likely to be under stress themselves.

It is important for leaders to reduce the actual and perceived stigma of Soldiers seeking help. Leaders can eliminate barriers of stigma.

Suicide prevention is everyone's responsibility. It is imperative that leaders and Soldier train to intervene on behalf of a Soldier or buddy who may be thinking of suicide.

It is a sign of strength when Soldiers seek help for emotional problems that they may be encountering. Recognize the warning signs and know how to intervene to benefit the Soldier, leaders and the unit.

Visit <http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx?>.

Well Baby Wednesdays set through September

U.S. Army Health Clinic, Vilseck

In response to the increased demand for well-baby appointments in the Vilseck community over the past few months, the Vilseck Health Clinic has begun an initiative in September called "Well Baby Wednesdays."

Through September, the clinic is running an all day well-baby exam clinic.

This clinic will be conducted each Wednesday. well-baby exams will continue to be available on other days for the convenience of the Family. This will allow the clinic to catch up on the backlog of scheduled exams.

In addition, the ratio of same day appointments to pre-booked appointments will be changed from 70/30 to 50/50.

This will allow more appointment slots to be opened up for pre-booked appointments (i.e., well baby exam appointments).

Scheduled exams for the well-baby are at 2 weeks, 4 weeks, 2 months, 6 months, 9 months, 12 months, 18 months, 24 months, 36 months and 48 months.

Parents that make these well baby appointments are encouraged to keep their appointments.

However, with the increase in pre-

booked appointments comes the risk of appointment no-shows.

Appointment no-shows hurt your access to care. A no-show is an appointment in which the beneficiary does not attend, or cancels within two hours of scheduled time.

Appointment no-shows result in wasted time and resources, and deny appointment opportunities to other patients.

To avoid being a no-show, please call DSN 476-2936/2804 to cancel or reschedule your appointment.

Vilseck Health Clinic welcomes your comments on how we can better serve you.

"Moving Forward!"

- 2007 Suicide Prevention Poster Contest Rules**
 - All E1-E4 Soldiers are eligible to submit one poster by Sept. 30.
 - Submissions may be individual or team (team cannot be larger than 5 members)
 - Posters must be original and may not use any copyrighted material
 - Winners will receive the SMA's coin presented by the SMA at their unit
 - Winning poster will be distributed Army-wide and published in the Army media

Posters should be creative, attractive, and employ a dynamic message. Entries may focus on general suicide awareness or a specific issue related to suicide such as stigma, depression, getting help, helping a buddy, etc.

Winners may be asked for additional materials including a high-resolution .jpg of the poster. Computer-generated poster winners will be asked to provide us with all poster files.

Visit <http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx> for complete instructions.

Grafenwoehr Health Clinic Info Board

Do you have questions about medical care or your local health clinic? Know where to turn for information? We've got answers. E-mail us your questions at usaggnews@eur.army.mil

Clinic Services

- Care of adults, children, and infants including treatment of acute and chronic illness, minor injuries, lacerations, and training and sports injuries
- Soldier Medical Readiness including physical exams, hearing conservation, immunizations, and aviation medicine
- Women's healthcare including well-woman exams, Pap smears, and contraceptive counseling
- Preventive healthcare including well baby visits, school and sports physicals, adult physical exams, and preventive health screening and counseling
- Immunizations for infants, children, and adults
- Minor surgical procedures including vasectomies and infant circumcision
- Treatment of dermatologic conditions and excision of skin lesions
- Radiology, laboratory, and pharmacy services
- Health information and education
- Tricare Service Center

Emergency & After Hours Care

The clinic does not provide emergency care.

For **medical emergencies** go to the hospital nearest you or dial:

114 on-post

112 off post or the MP station at **09641-83-8319**

If you go to a German clinic or hospital without a referral, you must contact the clinic's Tricare Service Center (DSN 475-7424 or CIV 09641-83-7424) the next working day to

ensure that Tricare will cover the cost of your care.

Nurse Advise Line

For **24 hour medical advice**, call the toll-free Nurse Advise Line at CIV **0800 825 1600**. An Audio Health Library of most common medical conditions is available for access as well.

Referral Center

Klinikum Weiden (0961 3030) provides full emergency and sub-specialty care. Maps are available outside the main clinic entrance.

Patient Representative

If you have questions, compliments, or complaints about the care you receive at the clinic, call our Patient Representative at DSN 475-1750 (CIV 09641-83-1750)

Hours of Clinic Operation

Active Duty Priority Care: (*No appointment required*) Monday, Tuesday, Wednesday, Friday 7-7:30 a.m. (doors open 6:30 a.m. for check-in), Thursday 1-1:30 p.m.

Routine care for Soldiers, Family members, retirees, and civilians: (By appointment) Monday, Tuesday, Wednesday 8 a.m.-6 p.m., Thursday 1-6 p.m., Friday 8 a.m.-3 p.m., Saturday 9 a.m.-noon, Training Holidays 9 a.m.-noon

Appointments

DSN 475-7152/8393.

Civilian 09641 83 7152/8393

Commonly asked questions

- **Who can help with questions about TRICARE benefits, enrollment and disenrollment?**

The TRICARE Medical Service Coordinator is available in the clinic or at

DSN 475-8589.

- **How do I get a referral for sub-specialty care?**

If you and your Primary Care Manager decide that you need care not available at the clinic, you will be given a referral to a host nation provider or to another Military Treatment Facility.

- **Who helps me set up my appointment with the German doctor?**

The clinic's Tricare Service Center (DSN 475-7424 or 475-7420) will help you set up your appointment and assist you with insurance claims and billing issues.

- **What do I do if I'm in the hospital and don't speak German?**

Even though most German doctors and nurses speak at least some English, the clinic employs Patient Liaisons who will visit you in the hospital and help you communicate with your doctors in the hospital.

The Patient Liaisons can also accompany you to an outpatient visit as available.

- **How do I follow up after care in a German hospital or clinic?**

If you are being discharged from the hospital, we will coordinate a follow-up care plan for you. If you were seen as an out-patient, you will normally follow up in the MTF with the PCM who gave you the referral.

Your German doctor may recommend that you follow-up with them. Remember that unless these follow-up visits have been authorized by Tricare, you may be required to pay for any follow-up appointments.

- **How do I get care if I'm pregnant?**

Pregnancy care is generally provided by a German obstetrician on the economy. A referral is required and this referral covers all of your pregnancy related visits and your delivery. Profiles for

pregnant Soldiers are provided by the clinic.

- **What do I need to do to register my new baby?**

Before your baby is born prepare your valid passports and marriage license. Get a copy of the certificate of live birth from the hospital and submit it to DEERS/ ID Card Issuing Facility as soon as possible after birth. The Patient Liaisons can assist with the birth registration process.

- **How do I follow up after I have my baby?**

After your delivery, you and your baby will receive follow-up care in the MTF. The first well-baby appointment is at two weeks of age. Bring any records from the hospital to the two week visit.

If you have a son and want him circumcised you must notify the MTF immediately after birth. Circumcisions should be done as soon after birth as possible.

Frequently called numbers

(From civilian phone: 09641 83 xxxx)

| | |
|--------------------|---------------|
| Appointments | 475-7152/8393 |
| Pharmacy | 475-7431 |
| Tricare Referrals | 475-7424/7420 |
| Tricare Enrollment | 475-8589 |

Open Access

The clinic has an "Open Access" appointment system. Open Access is a scheduling concept emphasizing same-day care and patient choice. An Open Access clinic provides care to patients on the day they request care, thereby avoiding delays and waiting lists. Although you may have to wait to see a specific clinician, we strive to provide you with an appointment on the day you request it.

Germans pay fixed church tax, receive religious education at school

Special to the Bavarian News

After the election of the new pope, one major German newspaper proudly sported the headline “WE ARE POPE”!

Naturally, Bavarians feel especially honored that the pontifex comes from amongst their midst. All this excitement has put religion in Germany into the spotlight.

The one aspect that most Americans find astounding is that the German churches are financed through the leveling of a church tax. The amount you pay depends on whether you are single, single with children, married or married with children.

To assist the church and to reduce cost and bureaucracy the state collects the tax every month with the other taxes Germans have to pay and then transfers it to the church. Paying church taxes has its pros and cons. On the positive side, the churches never have to worry about being able to pay salaries or the upkeep of the often splendid buildings.

This leaves them free to use offerings for missions or charity.

On the down side, some Germans feel no need to support their church through huge offerings on Sunday since they already did “their duty” by paying their church tax.

A German’s denomination is determined at birth and noted on the birth certificate. If both parents belong to the same faith, a child automatically becomes a member of that church. Should mother and father believe in two different doctrines, then they have to decide which one will be applied to the child. An infant baptism usually takes place before the child is 6 months old.

When Germans talk about belonging to a church it does not necessarily mean a certain building, or local congregation. It rather professes that they are a member of the Catholic or Lutheran Church in general. If you exclude the faiths of the population that came to Germany from Turkey or other eastern European countries, these two denominations dominate the German religious landscape.

As a general rule (with local exceptions, of course) it can be said that Lutherans are in the majority further north, while the Catholic faith has the upper hand in the south. Religious studies are part of every child’s school schedule. This starts in German Kindergarten (pre-school) because these institutions are usually run by one or the other faith.

However, that does not mean that a Lutheran child can not attend a Catholic pre-school. In smaller communities, often only one Kindergarten is present, so a general Christian approach is used when teaching religious values.

Throughout the school years, religion remains a school subject. During those lessons, the students are separated by denomination and instructed by a teacher or pastor.

Holy Communion at 9 years of age for the Catholic children, and Confirmation at 14 years of age for the Lutheran children, usually take place during spring and are still very important celebrations for German families.

They are observed with a long worship service often attended by the majority of the congregation, elaborate meals with family and friends, as well as lots of presents for the honoree. Getting married in a church is still the norm for most German couples, however, it is not legally binding without an official ceremony at the town hall.

The main reason most Germans don’t officially leave the church, even though they do not practice their faith is that they want a traditional church burial. Now, please keep in mind that the practices I described above only are the norm among the German states which made up former West Germany.

Religious practices in the Eastern states of the former East Germany mostly happened under immense difficulties. Under the communist regime of the former German Democratic Republic, religion and the churches were oppressed. For example, anybody who worked for the government, even someone as simple as a clerk, was not allowed to practice any religion.

A friend of mine worked as secretary for the chief administrative officer of her district before the Wall came down. In order for her to keep her job, she was neither allowed to get married before a pastor, nor have her child baptized in a church.

They same restrictions applied to students who actively practised religion. Many of them were not allowed to get their high-school diploma and were thus barred from studying at a university and therefore taking up the profession they were interested in.

With the reunification of Germany, those means of oppression ended for those living in former East Germany. However, the process of establishing religion to the same level as in the western half of the country has been a slow one. In the schools of the new states, religion is only an elective subject. It has not replaced the subject “Staatsbuergerkunde” (citizen studies - a subject not on the lesson plan in West German schools) that has been in place for decades and continues to be taught.

Most families of the former East Germany still celebrate “Jugendweihe,” a rite of passage into the adult community established by the former communist government instead of Confirmation or Communion.



Photo by Shannon Hill

Beautiful churches throughout Germany, like the Freihung structure pictured above, are funded by a government imposed tax.

Turn local wild raspberries into fresh dessert

by MARTINA BIAS

Special to the Bavarian News

This German favorite is a deliciously fruity dessert for the summer time when luscious red raspberries are in season.

You might even want to go out and pick some of the wild raspberries that grow along many forests and fields all over our area (important tip: check them for worms before you eat them!)

Although this recipe is made with only raspberries, other variations of Rote Gruetze can use a variety of berries like red currants or strawberries in addition to the raspberries.

“Rot” means red, which describes the color of this dish.

There is also a dessert called Gruene Gruetze (gruen is the German word for green) where the main ingredients are kiwi and green berries like the gooseberry and a flavor called woodruff.

Either way, the perfect way to enjoy this treat is with a generous helping of vanilla sauce.

I have included the recipe for a homemade vanilla sauce, but I have to admit that it is a little time consuming.

It can be a bit tricky as well since



Courtesy photos

Rote Gruetze, made with raspberries and occasionally other red berries, goes well with a vanilla sauce or whipped cream.

it burns very easily.

You can substitute a vanilla sauce from a store bought mix or just prepare a cook-and-serve (not the instant variety) vanilla pudding, increasing the amount of milk to achieve the desired consistency.

If all that sounds too complicated

to you, I can assure you that this wonderful dessert would be just as yummy served with a dollop of whipped cream or Cool Whip.

This recipe can be prepared with either fresh or frozen raspberries so you can enjoy it all year long.

Guten Appetit!

Rote Gruetze

4 cups unsweetened raspberries, crushed (if you are using frozen berries, measure them first; then thaw them)
½ cup orange juice
¼ cup quick cooking tapioca
½ cup sugar
1/8 tsp. salt

For the Rote Gruetze, combine the raspberries, orange juice, and tapioca in a sauce pan and let it stand for 15 minutes.

Stir in sugar and salt. Bring to a boil; cook and stir for 2 minutes or until thickened.

Remove from the heat.
Cover and refrigerate.

Vanilla Sauce

2 tsp. cornstarch
1 Tbs. sugar
1 cup milk
1 egg, lightly beaten
1 tsp. vanilla extract

For the vanilla sauce, combine the cornstarch and sugar in a saucepan; gradually stir in milk.

Bring to a boil; cook and stir for 1-2 minutes or until thickened.

Remove from the heat.
Stir ½ cup of hot mixture into

egg; return all to pan, stirring constantly.

Cook and stir over medium-low heat for 2-3 minutes or just until the sauce thickens slightly and reaches 160 degrees (do not boil).

Remove from the heat.
Stir in vanilla.

Pour into a bowl; press a piece of waxed paper or plastic wrap over top of sauce.

Refrigerate until serving.

To serve: Divide raspberry mixture between dessert dishes; top with vanilla sauce.

Yield: about 4 servings



Although this recipe only calls for raspberries, many Rote Gruetze recipes contain an assortment of seasonal red berries.

What's Happening

Grafenwoehr/Vilseck Briefs

Register now for Cub Scouts

Are you a boy in 1st through 5th grade? Do you like to camp, go on fun trips, learn new skills and make friends? Then Cub Scout Pack 261 in Grafenwoehr is for you! Call Jean Boyle at CIV 09641-931616 for more information.

Parent to Parent workshops

■ Sunday – Creating a Student Portfolio with the Real World: 4 – 6 p.m. at Vilseck High School. Come build a portfolio that showcases your child's achievements and learn about other topics to prepare your student for high school and beyond.

■ Tuesday – Surfing the Waves of Education: A Web-based workshop. Stop in anytime between 11 a.m. – 1 p.m. at the Vilseck Teen Center, Bldg. 1706 by the skate park. This workshop will help you become familiar with the many different electronic resources available to help the mobile military child as well as the college or career bound student.

■ Tuesday – Smooth Sailing!!! Planning for a Successful Transition: Part of ACS Smooth Moves course. Learn ways to become involved in your child's life in the classroom as well as in the community.

Pre-registration for Smooth Moves is required – call ACS at CIV 09662-83-8650 to reserve your slot.

■ Sept. 26 – Staying Involved in Education During Deployment: noon in the Vilseck CYS conference room, Bldg. 224. We will address how parents with school-aged kids can keep their deployed Soldier involved in their child's education while they are gone. One of a four-part deployment series.

For more information about these and other available workshops from the MCEC Parent to Parent Team, contact us at CIV 0175-648-2777 or GrafVilseckParent2Parent@yahoo.com.

Fires 2SCR hosts community yard sale

Sept. 29, 9 a.m.-2 p.m. at Bldg. 630 on Vilseck. Purchase booth space to sell your crafts or gently used items, and keep all your own profits. Individuals, Family Readiness Groups, and other organizations invited to participate. All DoD ID Cardholders welcome to come shop at the event. For more information, or to reserve booth space, contact Amber Rageth at CIV 01511-966-9283 or rageth_0965@msn.com.

Catholic News

■ Catholic Faith Community Changes has started. There will be a 9 a.m. Mass in the Graf Chapel, followed by fellowship in the Graf Annex. Join us with a favorite baked goodie.

There will be a 11:30 a.m. Mass in the Vilseck Chapel, followed by fellowship in the Vilseck Hall. Religious instruction in the Vilseck Chapel will be 1:30-3 p.m., this includes K-7th grade.

The High School confirmation class will be in the Vilseck Chapel 6 p.m., Sundays.

■ Religious instruction in the Graf Annex has already begun and includes K-8th grade. If you have not registered with the Catholic Parish, contact Allison Mako at DSN 476-3696 or CIV 0170-6225923 and she will send you a CCD registration form, she can also be reached at allison.mako@eur.army.mil.

■ Rite of Christian Initiation of Adults: Contact the Catholic Office for information and discussion about the process of becoming Catholic- Ali Mako DSN 476-3696 or CIV 09662-413305.

■ Father Pete Uhde will offer weekday Mass in Graf on Tuesdays 12:15 p.m. and in the Vilseck Chapel on Wednesdays at 12:15 p.m. This schedule will begin Oct. 2.

No kids allowed in vet clinic

As of Sept. 1, children under 8 are no longer allowed in the veterinary clinic. Placing small children in a confined area with large numbers of animals allows for the potential of injuries. No exceptions will be made. Call and reschedule your veterinary appointment if you are not able to comply with this policy.

Late appointments and "no-shows": Clients who are more than 15 minutes late will be considered as a no-show and asked to reschedule. Upon the first no-show, a letter will be sent to the client. With the second no-show, a letter will be

sent to the client's commander. Upon the third no-show, the client will lose privileges of using the veterinary clinic for six months. Any missed surgery appointments will result in losing surgical privileges for six months.

Appointments at the Veterinary Treatment Facility can be limited at times due to mission requirements. Adequate notification of cancellation allows the VTF to fill these appointments which will facilitate maximum service to the community.

Vilseck PX closes Sunday

Sunday is the last open day for the PX and Pxtra to be open in Vilseck. After this date, the doors will remain closed until late spring with the new opening of the Furniture Décor store and Sports store. There are great savings going on now while supplies last. Grand Opening of the Shopping Center in Graf is Sept. 26 at 9 a.m.

Kontakt Club to send packages to Strykers

Kontakt Vilseck is sending care packages to Soldiers of 2nd Stryker Cavalry Regiment. If you would like to support the 2nd SCR Soldiers in Iraq, you are able to drop personal hygiene or food items at the Kontakt Club in Vilseck. We will take care of sending them down range. Drop the items at our Clubhouse (Bldg. 2222, above the Library) every Friday from 7-9 p.m.

Furniture Store moves

The current furniture store is closing its doors today and tomorrow for the relocation move of the displayed furniture into the big blue/white tent. Friday, the tent will officially open to the public for furniture and the Bookmark will be located in the tent too.

In addition, the new Furniture Home Décor and Bookmark Store will open in Spring 2008.

Operational hours will be: Monday-Saturday, 11 a.m.-6 p.m., Sunday 11 a.m.-5 p.m.

Garrison school update

Information is available at each school Web site:

<http://www.graf-es.eu.dodea.edu/>

<http://www.vils-es.eu.dodea.edu/>

<http://www.graf-ms.eu.dodea.edu/>

<http://www.vils-hs.eu.dodea.edu/>

School contact information:

GES: DSN 475-7133

VES: DSN 476-2812

GMS: DSN 475-9500

VHS: DSN 476-2554

Transportation: DSN 475-8954,

Dates

■ Tomorrow: GMS Open House, 6 p.m.

Thrift Store holds sale

The GCSC Grafenwoehr Thrift Store will be holding a Back to School Sale for the entire month of September. All orange tag merchandise will be 50 percent off. Transformers are excluded. The Thrift Store is open Tuesday and Thursday 10 a.m.-2:30 p.m. and the first Saturday of the month from 10 a.m.-2:30 p.m. They are located in Bldg. 533.

Support Group for spouses of deployed Soldiers

Program is offered every last Thursday of the month, starting Sept. 27 from 10 a.m.-1 p.m. It will be held at the Vilseck Chapel. Featured speaker, Chap. (Maj.) Darin Nielsen from the Family Life Center. Free childcare and lunch. If you attend program you can earn 25 miles for Operation Walk 4 Freedom. RSVP by Sept. 21. For more information, call DSN 476-3276 or CIV 09662-83-3276.

CYS hosts open gym

Starting in September, CYS will open the CDCs and SASs on Friday nights until 9 p.m. and alternate opening two Saturdays a month between the Vilseck and Graf communities. The Teen Centers will also staff "Open Gym" on Saturday afternoons in both communities. For more information, call Central Registration at Graf: DSN 475-6656 or Vilseck: DSN 476-2760.

CDC offers preschool options

Are you a stay-at-home parent looking for a morning preschool program for your child? In September, CYS offers the Part-Day Preschool program, which promotes creative activities and active learning, and the Pre-Kindergarten Enrichment program which teaches critical skills and reduces parental stress.

To find out more, call the Graf Central Registration at DSN 475-6656 or CIV 09641-83-6656.

USAG Grafenwoehr Retiree Appreciation Day

Retiree appreciation day will be held Oct. 27. Registration will be held from 7:30 – 9 a.m. at the Tower View Conference Center. Informational booths will open from 9:30 a.m. - 3:30 p.m. and there will be door prizes drawn throughout the day with plenty of events designed with the Retiree in mind. A Health Fair complete with medical/dental screenings and informational booths will be held at the brand new Grafenwoehr Health and Dental Clinics.

Retirees and their Family members will be able to register in advance for medical appointments to make better use of their time and eliminate the need of waiting. Appointments will be taken on a "first-come, first-serve" basis by calling the Grafenwoehr Health Clinic starting Sunday at CIV 09641-83-1750.

Be sure to let them know it is for a Retiree Open House medical appointment when scheduling. Dental screenings will be done on a "walk-in" basis only from 8 a.m. - 3:30 p.m.

Tours of the "new" Grafenwoehr will also be available. Join us for a special Retiree Appreciation Day meal to be served at our local dining facility. There will be a wide variety of choice from including steak, lobster, and shrimp for \$6.25 per person.

For more information, contact the USAG Grafenwoehr Retirement Services Office at DSN 475-8539/8540 or CIV 09641-83-8539/8540. We may also be contacted via e-mail at: usag.graf.rso@graf.eur.army.mil.

OCS slots still open

V Corps is still looking for 14 corps Soldiers who would like to attend Army Officer Candidate School, say corps personnel officials.

As part of an Armywide program of direct selection of OCS candidates, the corps was authorized to select 30 candidates in Fiscal Year 2007. Fourteen of those slots have already been taken.

The program gives Soldiers an opportunity to attend OCS via direct selection, rather than undergoing a board process, officials add. Each interested applicant compiles a packet consisting of items such as personnel records; security clearance information; an official photo and other items. That packet is reviewed by the corps commander and selections are made.

The deadline to apply for the program is Sept. 30. For more information, call the personnel actions branch of the V Corps personnel division at DSN 370-5748 or CIV 06221-575815.

Amberg holds 38th annual volksmarch Sept. 22-23

The Amberg annual volksmarch will be held Saturday and Sunday at the German school, located at Bruder Konrad Weg 1, in the Ammerich section of Amberg. The cost is € 1.50 for

each start card (can be purchased at the start each day) and an additional € 2.30 will entitle each participant a stuffed white polar bear with a cap.

The event is sponsored by the Wander and Volssportverein Amberg und Umgebung, e.V. and will be hosted by the Amberg Oberbuergermeister Wolfgang Dandorfer.

For addition information contact Maria Schmidt at CIV 09621-15854 or Larry Simank, U.S. Army Ret., CIV 09621-789274.

Time: Saturday, start from 8 a.m. to noon - completion by 4 p.m. Sept. 23, start from 6:30 a.m. to 11 a.m. - completion by 3 p.m.

Distances: 5 km, 10 km, and 20 km.

Vilseck Clinic offers weekly Well Baby Wednesday

Each Wednesday, the Vilseck Clinic will run an all day Well Baby exam clinic. Scheduled exams for the well baby are at 2 weeks, 4 weeks, 2 months, 6 months, 9 months, 12 months, 18 months, 24 months, 36 months, and 48 months.

Parents that make these well baby appointments are encouraged to keep their appointments. Appointment No-Shows hurt your access to care and result in wasted time and resources and deny appointment opportunities to other patients. To avoid being a No-Show, call DSN 476-2936/2804 to cancel or reschedule your appointment.

Hohenfels Briefs

No kids allowed in vet clinic

Effective immediately no children under the age of eight years of age are allowed in the Veterinary Clinic IAW Command Policy A-04, Headquarters Northern Europe District Veterinary Command.

Sure Start program at HES

Hohenfels Elementary School Sure Start Program 2007-2008 Attention parents: If you have a child that is 4 or will be 4 by Oct. 31, 2007 and you are an E1-E4; we want you!

Pick up an application for the Sure Start Program at the Hohenfels Elementary School. For more information, contact the Hohenfels Elementary School at DSN 466-2729.

Olympia Gym closed Saturday for cleaning

Bldg. 47 will be closed for cleaning on Saturday.

Next motorcycle safety course offered Oct. 4

Final MSF Motorcycle Safety Class at Hohenfels is Oct. 4, 8:45 a.m.-4 p.m.

The new MSF Application Form must be completed and signed by the MSF student and his/her supervisor, noting that you want to attend the MSF-ERC class at Hohenfels.

Fax the application form to IMCOM-Europe Safety Office, DSN 370-6102.

Also send an e-mail with the following: your name/rank and phone/e-mail and MSF date requested (Oct. 4, 2007) to USAG-Hohenfels Safety Office, safety282@eur.army.mil, DSN 466-1670.

Baseball in Regensburg

For those that enjoy baseball, the Regensburg Legionnaire will be playing the Mainz Athletics in a best of five final series beginning Saturday at the Armin Wolf Arena in Regensburg.

The game will start at 1 p.m. The stadium is located across the street from the Donau-Arena parking lot on Schabelwies strasse.

Information is available on their Web site http://www.legionnaire.de/index_1.htm.

German lessons, swimming classes beginning soon

Fall Semester course schedule and registration information from the Volkshochschule Neumarkt classes at Parsberg: The VHS-Neumarkt schedule at Parsberg includes Basic German/Deutsch courses for beginners. The Swimming Classes for Children/Schwimmkurs fuer Kinder – Wasserwacht (Course # PA 706) starts Oct. 6 and costs 57 Euros, for children age 6 and older – (at Parsberg Schwimmbad) are available.

Register for VHS classes by calling Frau Elfriede Abrigo, CIV 09492 / 906290, with your Bank Account Number and Bankleitzahl (BLZ) of your Bank, to pay your VHS registration fee.

See the complete VHS courses schedule at Parsberg at the following Web site: <http://www.vhs.neumarkt.de/hp120887/Filialen.htm>.

Health Clinic changes

Due to a shortage of doctors in the Health Clinic caused by a recent deployment, we will implement the following changes between until Nov. 30:

1) All non-AD Soldier well women exams (PAPs) will be referred to our GYN provider in Burlangenhof through TRICARE.


2) The Clinic will not be able to see any paid patients: DoDDS teachers, USAG-H staffers, or contractors. We will continue to see AD Soldiers, dependents, retirees, reservists, and Afghan soldiers.

Thanks for your understanding and we will update our services when we return to full strength on doctors.

Today last day to register for ASE certification exams

Automotive Service Excellence Certification Exams. The Hohenfels Education Center is currently holding registration for the ASE Certification Exams. The last day to register is today. All soldiers in a related MOS can take up to three for free!

For more information contact our test examiner at DSN 466-4040.


GoArmyEd Portal


Army Continuing Education System

Army Tuition Assistance (TA) End of Fiscal Year Guidance

As the Army approaches the beginning of a new fiscal year and in preparation for year-end close-out, the following guidance is provided as advanced notification to students concerning use of end-of-year Army Tuition Assistance (TA)

All course enrollments with start dates through 30 Sep 07 must be requested in GoArmyEd on or before 24 Sep 07. Attempts to enroll in courses after 24 Sep 07 will not be approved. This enrollment cut-off is necessary for the fiscal year "change-over".

This enrollment cut-off has no impact on eArmyU course enrollments or registration for courses starting 1 Oct 07 or later (FY08 enrollments).



POC: 'Lissa Wojtkun, Army Education Counselor
lissa.wojtkun@us.army.mil or 466-2882

What’s Happening

Ansbach Briefs

Hispanic Heritage Month

The USAG Ansbach community will celebrate Hispanic Heritage Month now through Oct. 15. This year’s theme is Hispanic Americans Making a Positive Impact on American Society.

The 12th CAB is looking for volunteers to participate in the event as guest speakers or to help present Hispanic culture to the community through cultural dances, food or displays.

Anyone interested in helping out should call Sgt. 1st Class Kimberley Bradford at CIV 09802-83-2820 or CIV 0174-601-8417.

MWR Top 10 List

USAG Ansbach MWR’s Top 10 list is comprised of a selection of events and activities scheduled by various programs within MWR. Each month, MWR officials will highlight the “must do” activities for community members.

The list includes a variety of activities that promise to entertain, educate, challenge or relax people during the deployment timeframe.

To make this list more exciting and challenging, MWR officials added a bit of competitiveness to the list. Starting in September, people who complete at least 50 percent of the activities on the list are eligible to enter a monthly drawing. Prizes will range from free trips to gift certificates and other great prizes.

Copies of the list are available at the Yellow Ribbon rooms on Katterbach Kaserne and Storck Barracks, bowling centers, ACS, fitness centers, arts and crafts, child enrollment, and child development centers.

To receive the Top 10 via e-mail or in your mailbox, just send an e-mail to ans-mwr@eur.army.mil.

New library hours announced

The Illesheim Library is open 11 a.m. to 6 p.m. Sundays through Thursdays now through Nov. 1. For more information, call the library at DSN 467-4675 or CIV 09841-83-4675.

Jewish congregation meets

The Jewish congregation of the Franconian Footprint meets for Yom Kippur services Friday at 6:30 p.m. at the Leighton Barracks, Wuerzburg Chapel. The services will be led by Israel Schwierz.

The congregation also hosts Break the Fast Saturday at 6:30 p.m. at the chapel. For more information, e-mail Anne Cohn at annekoco@t-online.de or Carrie Tuck at whygirl65@yahoo.com.

Register now for University of Phoenix classes

University of Phoenix Katterbach Campus classes are forming now and registration is ongoing. With the university, people can complete a degree in 24 months or less by attending classes one night a week with facilitators that are experts in the fields they teach.

Students apply their practical work experience to cover more ground in less time.

The university offers on-ground degrees in Master of Business Administration and Master of Arts in Education. Classes start in September.

For more information, call DSN 467-3324 or CIV 09802-83-3324 or send an e-mail to clairissa.mitchell@phoenix.edu.

Take Sachsen bypass

The mayor of Sachsen requests all drivers to take the bypass route of his town unless they have specific business in the downtown area. By drivers taking the bypass route, he hopes to alleviate the heavy traffic congestion in the town.

If you’re coming from Ansbach, you can access the bypass by following State Road 2223 from Ansbach to Windsbach that also leads to the Autobahn. Pass the first Sachsen exit and go on to the Sachsen/Volkersdorf/Lichtenau intersection, turn left and follow the signs to Highway B14.

If you’re coming from Katterbach on B14, turn right to Neukirchen and follow the signs to Lichtenau. When you come upon the Sachsen Bahnhof, take a left immediately after the overpass, and stay on the priority road until you reach State Road 2223 which will lead you to Ansbach.

Recycling center hours

The manned recycling center in Bleidorn Housing Area is open Mondays, Wednesdays, and Fridays from 11 a.m. to 3 p.m. It is closed on German holidays.

For more on the center, call DSN 468-7916 or CIV 0981-183-916.

Monthly substance abuse program offered Sept. 24-26

USAG Ansbach’s Army Substance Abuse Program offers a monthly Prime for Life class for community members. The three-day course gives people information on drug and alcohol use and how to determine their relationships with the substances.

The first course takes place Sept. 24-26 in the Army Community Service Classroom on the third floor of Bldg. 5817 on Katterbach Kaserne.

For more information, call DSN 467-2852 or CIV 09802-832-852.

Law school opportunity

The Office of The Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Selected officers will attend law school beginning the fall of 2008 and will remain on active duty while attending law school. Interested officers should review Chapter 14, AR 27-1 to determine their eligibility.

This program is open to commissioned officers in the rank of second lieutenant through captain.

Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable. Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test.

Applicants must send their request through command channels, to include the officer’s branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-10th Floor), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1.

Interested officers from kasernes in Ansbach and Illesheim should contact Capt. John Merriam at the Ansbach Law Center at DSN 467-2476 or CIV 09802-83-2476.

Bamberg Briefs

Sept. 29, tape holiday greetings

The Hometown Holiday news service will have a camera crew in Bamberg to record holiday greetings for broadcast on local stateside television and radio stations.

The crew is scheduled to tape in Bamberg Sept 29 outside the PX. Film clips will be distributed to participating television affiliates near the Soldiers’ hometown for airing over the holiday season. Soldiers and Families will be filmed on a first-come first-serve basis.

This program is also open to DoD civilians.

BSCC “Exploring Europe” Luncheon set for Sept. 27

Join the Bamberg Spouses’ and Civilians’ Club at the “Exploring Europe” luncheon Sept. 27 from 11:30 a.m. to 1 p.m. at the Bamberg Warner Club. The luncheon cost \$10 per person and includes greek salad, french onion soup, spanish paella, and apple strudel. Make your reservation by e-mail at reservations@bsccgermany.com by Sunday. For more information visit our Web site at www.bsccgermany.com.

High Holy Days celebrations

Join the Jewish congregation of the Franconian garrisons to celebrate the High Holy Days. Yom Kippur services will be held Friday at 6:30 p.m. at the synagogue of the Leighton Barracks Chapel. A *Break the Fast* dinner will be held on Saturday at 6:30 p.m. and will be hosted by Anne Cohn. For questions contact Anne Cohn at annekoco@t-online.de or Carrie D. Tuck at whygirl65@yahoo.com.

Self-Help closed Friday

The Bamberg Self-Help Store will be closed Friday to conduct annual inventory. Regular hours are Monday-Friday from 9 a.m. to 5 p.m. For more information call DSN 469-7669.

DHR services limited Sept. 27

Services offered by the Bamberg Directorate of Human Resources will be limited Sept. 27 due to mandatory training. The following facilities will be closed or at minimum staffing; In-Processing Training Center, ID Card and Passport Office, Central Processing Facility, Military Retirees Assistance Services and Military Personnel Division. For more information contact

Michael Payne at DSN 469-7522 / 8071.

Thrift Shop has new hours

The Bamberg Thrift Shop is now open Tuesday, Wednesday, and Thursday and the first Saturday of the month from 11 a.m. to 5 p.m. Call to make an appointment for consignment at CIV 0951-32408.

Hispanic Heritage events

■ The Bamberg community Library will be hosting two Latino lunches to celebrate Hispanic Heritage Month. Join the library staff today and Sept. 26 from noon to 1 p.m. for a fiesta of food samples.

■ Hispanic Heritage month is celebrated now through Oct. 15. The community is invited to attend a Hispanic Heritage month celebration Oct 10 from 11:30 to 1 p.m. at the Warner Club. Guest speaker will be Lt. Col Ronald E. Pacheco Jr., 391st CSSB, Commander. For more information contact Sgt. 1st Class Curtis Freeman at DSN 469-8624 or Sgt. 1st Class Ishmael Asare DSN 469-9431.

Women’s support group

Stressed? A women’s support group can help you adjust, cope and manage your stress. Stop by Social Work Services, Bldg. 7253, on Wednesdays from 1 to 2:15 p.m. For more information call DSN 469-7793.

FISC looking for members

The Franconia International Ski Club is looking for members in the Bamberg area. FISC sponsors weekend ski/ snowboarding trips to some of the areas top destinations, and takes care of all the reservations for you. All you need to do is join FISC, pay the price and show up for departure. The first Bamberg meeting is scheduled for Sept. 26 at 6 p.m.

For more information contact Michelle at CIV 09721-475-8647.

Civilian Fitness Program

Fall Assessments for individuals wishing to start the Civilian Fitness Program will be conducted at the Freedom Fitness Facility tomorrow from 10 a.m. to 1 p.m. and on Friday from noon to 3 p.m. Once enrolled, DOD civilian employees are allowed three one-hour exercise sessions per week during normal work hours over a six-month period of time.

For more information, contact Health Promotion Coordinator Angela B. Hunter at DSN 469-7043 (Tuesday and Thursday) or DSN 354-6793 (Monday, Wednesday, Friday).

ODR October trips set

Head-to-the-hills with ODR, for the first ski and snowboard trip of the season Oct. 5-7. Take the famous Tour Under Bamberg Oct. 11 at 5 p.m.

Throw on some sturdy shoes and join a Day-long Hike in Little Swiss Oct. 13. Need a little pampering? Join the SPA Day Trip to Bad Staffelstein Oct. 17. Josh will get you peddling through the countryside on a 30k Mountain Bike Trip Oct. 20. Visit the historic sites of Wuerzburg Oct. 27.

Contact the CAC for more information at DSN 469-8659.

Battlemind II briefing Oct. 3

Bamberg Social Work Services will be conducting Battlemind II briefings the first Wednesday of every month at 9 a.m.

The briefings are for Soldiers who have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment. Once Soldiers complete the briefing they will be sent to the health clinic to be cleared from MED-PROS. For more information contact Candice Keith at DSN 469-7793/9016.

CID looking for leads

The U.S. Army Criminal Investigation Command is offering a reward of \$7,500 for information leading to the arrest and conviction of the person(s) responsible for the theft of Night Vision Devices from the Supply & Support Activities facility, Bamberg, Germany. Between Aug. 16 and Aug. 21, person(s) unknown gained access to the Bamberg SSA and stole several different types of Night Vision Devices.

Anyone with information regarding this incident should contact the Bamberg CID office at DSN 469-7776 or the Bamberg Military Police at DSN 469-7770/8700.

PTSA starts up Oct. 2

The Bamberg Parent Teacher and Student Association welcomes all new and returning families to the 2007-08 school year. The PTSA invites you to join them at the next meeting Oct. 2 at

5:30 p.m. The group meets in the BAM/ HS Conference room at 5:30 p.m.

Get connected at Expo

The annual Bamberg Community Expo and Job Fair will take place Sept. 27 from 2 to 5:30 p.m. at the Basics Building. The Expo is the perfect opportunity to get connected to all the programs, events and activities USAG Bamberg has to offer.

Community representatives will be on hand to answer questions and provide information about their products or services. If your club, or organization would like to participate in this event contact MWR Marketing and Advertising by e-mail at mail.bam.mwr.expo20@eur.army.mil or call DSN 469-7747.

Catholic news

■ The Catholic Chapel RCIA will begin meeting weekly in September. adults or older teens seeking Baptism, Confirmation or Holy Communion join us in this faith formation process. Also open to all Catholics who desire to learn more about their faith, the Sacraments and for fellowship. Contact Robin Rose for more information at robin.rose@yahoo.com.

■ Women interested in a day or evening meetings of the Catholic Women of the Chapel contact Robin Rose at robin.rose@yahoo.com. A new group is forming for fellowship and faith study.

Schweinfurt Briefs

Memorial ceremony set

The Memorial Ceremony honoring Spc. Edward L. Brooks and Spc. Kevin A. Gilbertson, both of C Company, 1st Battalion, 77th Armor Regiment, will be held tomorrow at 10 a.m. in the Ledward Chapel. Uniform for military attendees is duty (ACUs) and business casual for civilians. Limited childcare will be provided at the Chapel by CYS outreach.

Volksmarch this weekend

Join the German Volksmarch in Kutzberg near Poppenhausen Saturday and Sunday starting at the Machine Hall of Company Schmitt (Karnersweg 27). Walking distances are 5 or 10 kilometers on Sat. from 2 to 7 p.m., and on Sunday distances are 5, 10, or 20 kilometers from 7 a.m. to noon. Starting fee is 1.50€ without prize or 3.80€ with prize (tea cup set). Torch walk is from 7 to 8 p.m. on Saturday.

Beauty shop closure

In order to better serve Schweinfurt customers, the beauty shop on Ledward will be closed tomorrow through Tuesday for renovation. Sept. 26, the shop will open again with the operating hours: Monday through Friday 10 a.m. to 6 p.m., Saturday 10 a.m. to 4 p.m., and closed Sunday.

Dealing with ADD or ADHD

Attend Schweinfurt’s ADD and ADHD support group Monday at Ledward’s ACS from 10 a.m. to noon. Meet others living with attention deficit disorder or attention hyperactivity deficit disorder, learn more about resources available, and build a support network.

Childcare is available with registration at ACS and Child and Youth Services. For more information, call ACS at DSN 354-6933 or CIV 09721-96-6933.

Oktoberfest transportation

Join MWR for free bus rides this fall and winter to various popular locations. Sign up to go to Oktoberfest in Munich Saturday or Sept. 29. Bus departs Wuerzburg at 7:30 a.m. and Schweinfurt Volksfestplatz at 8 a.m. Bus leaves Munich for return trip at 10 p.m. the same day. For more information, or to sign up, call DSN 350-6305 or CIV 0931-889-6305.

Meet single Soldiers

Better Opportunities for Single Soldiers will have its Meet and Greet kick-off at Finney Sports and Leisure Center Sept. 28 at 5 p.m. Come meet some new people and learn all about the opportunities provided by the B.O.S.S. program. For more information, call Pfc. Jonathan Conerly at DSN 354-6184 or CIV 09721-96-6184 or e-mail jonathan.conerly@eur.army.mil.

Bulk trash pick-up set

Bulk trash will be picked up in Askren Manor, Yorktown Village, and government-leased housing only

Tuesday. All residents must ensure bulk trash items are placed at their trash collection point prior to 7 a.m. Do not put out items earlier than Monday. Bulk trash is large items that do not fit into regular trash containers. For more information, call the SORT Coordinator Brad Posey at DSN 354-6201 or CIV 0162-2709403.

Supper in the library

Come to Ledward Library’s Harvest Moon Night in Schweinfurt from 6 – 9 p.m. Friday. For kids ages 6 – 14 years, enjoy supper, crafts and computer time. Look to the skies for surprises and tell tall tales. Register at the circulation desk. Call DSN 354-1740 or CIV 09721-96-1740 for more information.

Teen karaoke night set

For ages 12 – 18 years old, join the youth and teen version of the “I Can Do It” success series through December. On Sept. 28, participate in the Teen Karaoke Night from 7 – 9 p.m. at the Abrams Entertainment Center. Sing like a rock star or just have fun trying. Gather your friends for a night of karaoke fun. For more information, call ACS at DSN 354-6933 or CIV 09721-96-6933.

Rising Stars perform

Watch the rising stars of our community perform at Abrams Entertainment Center in Schweinfurt Friday and Sept. 28 starting at 7 p.m. This competition is Army-wide. Audience members join the fun by voting for their favorite artists and can win great prizes like “Rising Star” memorabilia and MP3 players.

ACS smooths PCS process

Attend Leighton ACS “Smooth Move Seminar” Friday from 9 – 11 a.m. ACS can help make your PCS move easier. Attend the seminar to get tips on packing, shipping, moving with pets, and more. For more information, call DSN 350-7103 or CIV 0931-889-7103.

Free crafting opportunities

■ Join Schweinfurt’s Arts and Crafts Studio for the final two Friday classes in the “I Can Do It” Success Series. Friday offers a class on painting or glazing ceramics. Sept. 28 will be learning how to make candles. These classes provide free instruction and materials from 1 to 3 p.m. For more information, call the studio at DSN 354-6903 or CIV 09721-96-6903.

■ Join those interested in knitting or crocheting every Wednesday from 6 – 7:30 p.m. or every Friday from 11:30 a.m. to 1 p.m. Bring your own projects, get help from the group, and learn about sources of supplies in town. These are free classes and beginners are welcome.

Middle school fun

Send your child with the Middle School Zone to Back to School Swimming Saturday from 11 a.m. to 5 p.m. Help wash those back to school blues away with splashing fun and excitement. On Sept. 28, join Mr. Ron’s Passport to Manhood club in an overnight lock-in from 8 p.m. to 8 a.m. The night is full of fun with sports activities and movies. For more information, call DSN 354-6732 or CIV 09721-96-6732.

“Fittest” contest held

Are you the fittest man or woman in Schweinfurt? Come find out Monday through Sept. 26 from 11 a.m. to 4 p.m. The challenge features six stations, each testing speed, cardiovascular and muscular power: biceps, cardio run, cardio row, rip the bench, speed chin up and “climb the Eiffel tower.” The team challenge will feature three-person teams. First and second place awards will be given in each category. There is no cost to participate. For more information, call DSN 353-8234 or CIV 09721-96-8234.

Reunion with spouse classes

Join ACS in its Reunion Briefings this fall. Attend the class: Spouse Battlemind Training from 11:30 a.m. to 1 p.m. tomorrow or 6 p.m. to 7:30 p.m. on Sept. 24, both in ACS classroom 23. Let ACS help make the reunion with your deployed spouse smooth and memorable.

For more information, call DSN 354-6933 or CIV 09721-96-6933.

Breastfeeding support

Attend the breastfeeding support group at Schweinfurt’s Ledward Barracks ACS Sept. 27 from 1 to 2 p.m. Come share your concerns and experiences with other mommies. This group is for new and experienced moms.

For more information, call ACS at DSN 354-6933 or CIV 09721-96-6933.

Krakow, the cultural, historical, spiritual heart of Poland

by ALICE ADLER
Special to the Bavarian News

Deep in the heart of Poland, Krakow has long been the cultural, historical, and spiritual heart of the country. Visiting the city of Krakow will be a truly rewarding experience for those who make the time to go.

Relatively untouched by war or modern building sprees, Krakow’s tallest buildings remain church towers and cathedrals. Krakow’s importance to Polish history began as far back as 1038, when it became the capital of the country. Since then, Krakow has been a center of history, culture, and learning that rivals any other city in Europe.

Military history buffs may also want to visit the nearby town of Oswiecim, better known by its German name – Auschwitz.

One of the things that makes Krakow a wonderful city to visit is that most of the main sights in the city are close together. Walking from one site to another will not be difficult for most visitors.

Start your visit in the heart of old Krakow – **The Main Market Square**. This square, laid out in 1257, is one of the largest in Europe. In the center of it all stands the Cloth Hall, a center for trade since the 14th century. As its name suggests, it was the center of cloth trade for the area until the late 19th century. Today visitors can buy a number of handcrafted Polish items from the vendors inside.

Churches surround the square on all sides underlining the importance of the Catholic Church in the history of Poland. Indeed, Catholic Poles are proud to note that Pope John Paul II lived and studied in Krakow for four decades and even served at the Archbishop of the city.

The largest church on the square is the **Church of St. Mary**. There has been a church on this site since 1220, with the current building dating from 1355.

This beautiful building contains some of the greatest works of art in Poland. The altarpiece, at 13 meters high and 11 meters wide, is the largest of its kind anywhere.

Carved from lime wood and intricately painted and gilded, it is considered the greatest piece of Gothic art in Poland. Every day it is opened at 11:50 a.m. and left open for the remainder of the day to reveal the biblical scenes inside.

Linger in the square for a bit, enjoying a drink at one of the many cafes or shopping for beautiful amber jewelry to bring home as gifts.

When you are ready to keep walking, continue on to **Wawel Hill**. This hill in Krakow holds the claim to being the political, spiritual, and symbolic heart of Poland throughout much of the country’s long and tortured history. Most of the Polish kings were crowned, then buried, in Wawel Hill’s Cathedral.

The four-winged **Royal Castle** on Wawel Hill is one of the grandest in Europe. Walking around Wawel Hill will have you steeped in the history of Poland in no time.



The Mariacki Church, on the Main Square, is one of the focal points in the city.

Courtesy photos

The imposing cathedral is a labyrinth of crypts, side altars and tombstones. A good guide book will help you identify what you are seeing. Be sure not to miss the huge iron doors covering the entrance.

Note the chains, from which hang prehistoric animal bones, thought to contain special powers. As long as the bones remain, goes the superstition, then the Cathedral will stand.

The seemingly endless Royal Castle contains some of the most beautiful royal rooms and collections in Europe. Magnificent tapestries, ancient arms and lavish furnishings are just some of the items you can see in the Castle’s many rooms.

Amateur archeologists should pay a visit to The Lost Wawel exhibit

in the Castle, which charts the archeological history of the Hill and includes the Chapel of the Blessed Virgin, an 11th century chapel left undiscovered until it was uncovered by researchers in 1917.

Walking down from Wawel Hill, visitors can explore another poplar area in Krakow, the tiny **Jewish Quarter**. This 300-by 300-meter area was all but forgotten and left to ruin in the years after World War II.

The movie *Schindler’s List* changed all that, as it focused attention on the fate of thousands of Krakow’s Jews during World War II. Although most of the film took place in the Jewish ghetto and concentration camps located outside of Krakow, it nonetheless lead to a revitalization in interest in the

history of Krakow’s Jewish population. Four synagogues, two still used as houses of worship and two turned into museums of Krakow’s Jewish history, can be visited along with the **Remu’h Cemetery**.

The headstones of this old Jewish cemetery were razed by Nazis during the war. During post war restoration, however, workers found hundreds of tombstones buried, some more than four centuries old.

Apparently the Jewish population of Krakow had buried the headstones throughout the years in a successful attempt to save them from various invaders. The result is that the refurbished cemetery is one of the best preserved Jewish cemeteries in Europe.

After a visit to the Jewish Quarter, one may feel up to a trip to the town of **Oswiecim**, the location of the **Auschwitz** concentration camp and the **Birkenau** extermination camp. A side trip to these places of such terrible death and horror may seems like a strange choice for a vacation, but it is precisely because of the horror that happened here that it is important that people continue to visit to insure that the world never forgets.

It is a short trip on their train from Krakow’s main train station, yet due to the size of the camps, a visit there will take all day. Once you arrive in Oswiecim, take the short walk to the Auschwitz camp.

The most striking thing to note is how close the camp is to the city. The homes come right up to the very walls of both camps, leaving the visitor to wonder about the terror the locals must have felt as rumors leaked out about what was occurring inside.

Auschwitz is a relatively small site, with many of the original buildings still standing. Many of these former barracks contain museums and monuments and even the most seasoned traveler will be moved by the items found within.

Perhaps the most moving exhibits show the massive collections of items that had been gathered from the prisoners to be shipped back to Germany for use there. Eyeglasses, pots and pans, shoes, suitcases, even crutches and wooden legs, are all displayed in gigantic piles whose sheer numbers stun the mind.

A particularly grim room contains huge piles of hair, shorn from the heads of prisoners and saved with the purpose of making inexpensive cloth from the hair. A bolt of this horrific cloth can be seen here as well.

Next, take a walk to the other side of town where the Birkenau extermination camp (also known as Auschwitz II) stands. Unlike Auschwitz, which was conceived mainly as a camp to hold the prisoners, the sole purpose of the camp at Birkenau was the extermination of millions of people.

The unbelievable horror of this place is reflected in its sheer size, 175 hectares. Unlike the Auschwitz camp, Birkenau is huge. Just walking its grounds will take considerable time. The camp originally had over 300 barracks buildings and four gas chambers and was constructed to hold up to 200,000 people at a time.

The lion’s share of the camp was destroyed by the fleeing Nazis and the rubble remains as a memorial to the dead. The giant gas chambers, even in their ruined state are sobering. Built to accommodate 2,000 people at a time, the gas chambers featured electric elevators to raise the bodies up to the ovens.

There is much, much more to see and do in and around Krakow. Some guide books recommend up to a week to visit all that the area has to offer. Invest in a guidebook and read up before you arrive to decide what you want to see and do in one of Europe’s most beautiful and historic centers.



At left: Poles are exceptionally proud of their spiritual heritage. Catholic churches containing statues of the 12 apostles, can be found throughout the city.

At right: The Old Synagogue, a tribute to the Jewish population in Krakow.



Tape your holiday greeting Sept. 27

Hometown News team offering service to personnel, retirees, teachers, and Family members at Katterbach, Storck Barracks

by CHRISTINE JUNE
USAG Kaiserslautern

After a three-year hiatus, the Army and Air Force Hometown News Holiday Greetings Team returns to U.S. Army Garrison Ansbach Sept. 27.

The team will offer community members a chance to tape video messages to family members in the U.S., its territories, and downrange if they have loved ones deployed, said Kris Grogan, team chief.

Ansbach will offer two taping sessions, one on Katterbach and one on Storck Barracks.

Katterbach's session will run from 8-11 a.m. in the grassy area across the street from the commissary at Bldg. 5813. In case of inclement weather, the taping will be in the Katterbach Fitness Center.

At Storck Barracks, the tapings will be offered from 1-4 p.m. at the Longbow Lounge in the housing area.

People eligible for the program include active duty military, government civilians, retirees, Department of Defense Dependent Schools teachers and Family members stationed overseas who will not be home for the holidays.

Staff Sgt. Scott Malone, the European team chief who produced more than 400 holiday greetings in the Kaiserslautern military community last year, said the primary thing to remember while taping holiday messages is to relax.

"Try to smile and have fun with it, and don't worry if you make a mistake because we will shoot it until you get it right," he said. "So, please don't be nervous."

Malone also gave the following tips on how to make the most of the holiday greetings taping:

What to wear?

Active-duty members must be in uniform. Civilians should be in appropriate attire. "They can wear something festive that makes you think of Christmas," Malone said.

Spc. Misty and Spc. Gary Albaugh and their 3-month-old son, Jacob, wish their families in New York happy holidays during the Army and Air Force Hometown News Service Holiday Greetings tapings last year in Kaiserslautern.

File photo

However, he recommends that Family members not wear white, pink, or color-striped shirts.

"This really causes issues with our cameras and can produce a kind of flicker effect," he said.

What to bring?

Participants should bring address books because the more information people can provide to the hometown news crew will increase the chance that the greeting will air.

They will need information like names and addresses, including zip

codes and phone numbers. In fact, zip codes are crucial in marketing the greetings stateside.

What to say?

Participants need to say five things during the greeting: Who they are; where they are; to whom the greeting will be addressed; the recipient's location; and their personal holiday message. There is no maximum or minimum time on greetings. However, the best greetings are about 15 seconds long.

Family members must be

accompanied by a sponsor, unless the sponsor is deployed. A civilian Family member can make a greeting if the service member is deployed, TDY, or in the hospital, but they have to mention the deployment of the active-duty member. Family members can also make a greeting for a military relative while on deployment, provided they are going to be there during the holidays.

How many?

There is no limit on how many greetings can be sent to stateside relatives, as long as they live in different zip codes. However, the greetings must be sent to relatives. By the Hometown News definition, a relative is by law and by blood. Fiancés are not considered relatives.

The process.

When customers come to do the holiday greeting tapings, they will fill out a form for every greeting they plan to do. A member of the Hometown News crew will verify the information on the forms and gives them a short briefing.

"It was really easy. Just fill out the form and talk," said Capt. Steven Shea, from the 86th Aero Medical Evacuation Squadron on Ramstein Air Base.

When the customers' turn comes up, a crewmember will escort them to the camera, give them another brief and place microphones on them. The camera operator lines them up and records the greeting in "5, 4, 3, 2..."



12th CAB troops play vital security role at Anaconda

Story and photo by
Sgt. BRANDON LITTLE
12th CAB Public Affairs

As the unforgiving sun beats down on Logistics Support Area Anaconda during the day and others seek the refuge of an air-conditioned building, they remain outdoors—watching, listening, waiting.

Even as the shadows grow long and darkness consumes the sky, someone is out there—watching, waiting in the darkness.

Positioned in various guard towers, Soldiers from Task Force XII do their part to help defend LSA Anaconda from an enemy attack.

These are not infantrymen. Most of them are administrative Soldiers or helicopter maintainers assigned to aviation battalions. But each of them knows that they are Soldiers first.

"We are the most critical part of the security for LSA Anaconda," said Sgt. 1st Class Shon Skinner, the Griffin Guard in charge of the 16 towers assigned to Task Force XII. "We are the eyes and ears, so it's up to us to report what we see to Anaconda Main."

Each of the 16 towers has two Soldiers keeping guard 24/7. The Soldiers work four-hour shifts in the towers three times a day.

"I feel like I'm keeping everyone here safe," said Spec. Lee Usmial, a tower guard from the 5th Battalion 158th Aviation Regiment. "Without us out there, the bad guys could do whatever they want."

Listening and watching for something suspicious or threatening is the primary mission for the tower guards.

"We have specific intelligence given to us to

let us know what things to look for," said Sgt. Lewis Cunningham, a commander of the relief from 412th Aviation Support Battalion. "They report to us what they see and we report to Anaconda Main."

Once the Soldiers have positively identified a person's actions as hostile or unusual, they must use the rules of engagement, known as ROE, or escalation of force, known as EOF, to handle the situation, said Skinner.

ROE lets Soldiers know what actions or activities a person must be performing to be considered a threat to themselves, other Soldiers and mission essential equipment. EOF lets Soldiers know what actions they must perform before firing their weapon as a last resort.

"Knowing ROE and EOF helps the Soldiers in these towers make the right decisions," said Skinner.

"I don't want to get shot at, but if we do...I qualified expert," said Pfc. Mark Jones, a Task Force XII tower guard, while clutching his M249 and scanning the land below his tower.

The night presents its own challenges to the Soldiers in these towers. Limited visibility and fatigue can distract the Soldier from watching their area.

There is too much terrain out there for one person to monitor, so both Soldiers have to stay awake, said Cunningham.

"To stay awake, I constantly scan my area and I try not to get too comfortable," said Usmial.

Getting too comfortable shouldn't be a problem for these guards, since they have to wear more than 35 pounds of equipment while in the tower.

"This equipment is designed to keep them safe and to protect them in case they get shot during an attack," said Skinner.

"It's good stuff that you should wear while you are out there," said Usmial. "If something happens and you're not wearing it, you could

really get hurt."

Getting hurt is an everyday possibility for these Task Force XII Soldiers as they defend LSA Anaconda from an enemy attack. Each stifling day and every shadowy night, as they remain vigilant—watching, listening, waiting.



Pfc. Mark Jones, a Task Force XII tower guard, scans the land outside of Logistics Support Area Anaconda, Iraq, for suspicious activity from his tower Aug. 25. Task Force XII is responsible for sending 40 Soldiers each day to man guard towers.



Cooking German Style

Photo by Kevin Smith

Kimela Dickerson, Illesheim Relocation Readiness Program manager, Marie-Luise Glaser, Illesheim Commissary manager, Tess Adams, Jennifer Swee, and Kum Olsen prepare to enjoy the fruits of their labor at the Learn How to Cook German Food Class Sept. 5 at Storck Barracks.

Illesheim Army Community Service hosts the class each month to teach participants how to make German specialties. Glaser volunteers to teach the class, and October's menu will feature Leberknödelsuppe, Tafelspitz, and Meerrettichsauce. The next class is set for Oct. 10 at noon on the third floor of the Illesheim ACS building.

For more information or to sign up, call Illesheim ACS at DSN 467-4555 or CIV 09841-83-4555.

‘BAD’ Co. works hard to keep reputation

Story and photo by Sgt. BRANDON LITTLE
12th CAB Public Affairs

It’s a great honor for any unit and its Soldiers to be considered the best at what they do. The Soldiers of Company B, 412th Aviation Support Battalion, however, have taken a different approach to this philosophy. This unique group of 223 Soldiers has become known as “BAD Company” throughout the 12th Combat Aviation Brigade, and they wouldn’t have it any other way. “It’s like the words in that 80’s rap song. Not bad meaning bad, but bad meaning good,” said Maj. H. Craig Demby, the commander of B Co. “Our area here is even called the Badlands.” This helicopter maintenance company got its unusual nickname because it was formed by combining B Co. and D. Co. of the 412th. “Not only are we larger than an average maintenance company, but we also are the only maintenance company that is authorized to work on all three types of helicopters flown by the 12th CAB,” said Demby. “We can repair any part a helicopter from its engine to its wheels.” There are two levels of helicopter maintenance performed by aviation mechanics in the 12th CAB. The first is unit maintenance, which is performed by the battalion’s maintenance company. The second level is aviation intermediate maintenance, which is done by

“BAD Company.” “D Co. is the helicopter maintenance company in each of the battalions in 12th CAB, but we take care of the maintenance that is either too time consuming or above the unit level,” said Chief Warrant Officer 3 Patrick Francis, the B Co. production control officer. “If we can’t fix it, we coordinate with the civilians from L3 Communications to get it fixed.” In addition to the normal sections that most companies have, this company has several sections that aid each other with helicopter repair. Each of these sections in “BAD Company” has a key role in the performance of phase maintenance of aircraft in the “Badlands.” Phase maintenance on an aircraft is similar to that of an automobile after it has been driven a certain number of miles. This maintenance is done on a CH-47 Chinook when it has flown 200 hours and 400 hours, an AH-64 Apache at 250 hours and 500 hours, and an UH-60 Blackhawk at 360 hours and 720 hours. When BAD Company first receives an aircraft, it is logged in by the production control section. Next it goes to the phase team and all removable parts on the inside, like seats and straps, are taken out. “We inspect the aircraft from front to rear for damage, cracks, and any parts that need to be replaced,” said Sgt. Lenny Higgins, the phase team leader.

If parts are needed, they are then requested through the supply section. “The supply section is the hub of logistics for B Co.,” said Francis. “Without them, an aircraft that needed a 50 cent washer or screw would be grounded.” If there is an engine problem or a type of maintenance that needs more in-depth knowledge, the shops section has personnel that specialize in everything from engines to hydraulics. After the aircraft is repaired, the quality control section checks to ensure that work has been done in accordance with aviation standards. “By the time units get their aircraft back from us, it is in near-perfect condition,” said Chief Warrant Officer 5 Ralph Gilgenast, a maintenance examiner and a UH-60 senior test pilot. “It usually takes three to four days to get aircrafts off the ground because we check for everything from leaks to vibration levels,” he said. After the helicopter is cleared by quality control and production control, it is then returned to the unit. Just as that aircraft leaves the “Badlands,” another one will soon arrive. “Everyday you can find a Chinook, Blackhawk, or Apache here,” said Demby. “It’s because of the great Soldiers and noncommissioned officers we have that ‘BAD Company’ is as great as it is.”



BAD Company’s SPC. Buddy Wilson and SPC. Randall Hogan perform phase maintenance on a CH-47 Chinook in the “Badlands” on LSA Anaconda, Iraq.

Nostalgiefest ‘07

Photos by Jim Hughes



WORKING THE CROWD: Rocky, the mascot of the Denver Nuggets basketball team, shakes hands with a young community member at the Ansbach Nostalgiefest Sept. 8.



THE NUGGETS: The Denver Nuggets basketball team’s cheerleaders and dance team perform their version of “Jessie’s Girl” at the Ansbach Nostalgiefest Sept. 8 downtown.

USAG Ansbach Morale, Welfare and Recreation set up food, drink, ride and entertainment operations at the fest and brought in the Denver Nuggets cheerleaders and mascot to perform for the crowd.

The operation ran Sept. 7-9 and also featured the U.S. Army, Europe rock and pop band Nightfire, the Donny Vox Band, and the Uptown Shufflers.

412th ASB hosts weekend carnival for Soldiers, Families

Photos by Jim Hughes



BOBBING: Lisa Broost offers encouragement as Colby McCreery, 4, bobs for an apple as his sister, Tess, 6, comes up with one at the 12th CAB Carnival, hosted by the 412th ASB Sept. 8 at Hangar 3 on Katterbach Kaserne. Hundreds of CAB Soldiers, spouses, and children attended the carnival to enjoy rides, games, food, and entertainment.



AIMING: Jonathon Yocum, 6, takes aim at some paper cups with a rubber band gun as he gets direction from Justin Lindgren, 12, at the 12th Combat Aviation Brigade Carnival, hosted by the 412th Aviation Support Battalion Sept. 8 at Hangar 3 on Katterbach Kaserne.



RIDING: Drew Butler, 10, son of Staff Sgt. Danial and Allison Butler, takes a ride on a maintenance crane at the Sept. 8 carnival. During the current deployment, officials said each CAB battalion will host an event for the Soldiers and Families of the unit.

ICE works: Customer evaluation system improving community

Story and photo by
NICOLE KARSCH-MEIBOM
Bavarian News

If your co-workers, neighbors, or friends are talking about “ice”, they may not be referring to Germany’s frozen treat, but to the Interactive Customer Evaluation, or ICE, system.

ICE offers garrison community members an opportunity to send comments about the services provided on post via the Internet. It’s easy, and it works.

“All you need is a computer with Internet access,” explained Ed Mayer, ICE manager and chief of the Plans, Analysis, and Integration Office, U.S. Army Garrison Bamberg.

“Every comment, good or bad, is an opportunity for the garrison to make changes or improvements. It’s absolutely anonymous and since all ICE comments worldwide go through the data protection in Washington D.C., there is no chance of finding out who sent the comment,” he said.

But if the sender would like an answer, they should provide an e-mail address.

“Our preference is for customers to include their contact information on the ICE form. We then have the ability to contact the customer for clarification or to inform them of action taken as a result of their comment,” explained

Mayer.

How you can use ICE

A link to the ICE Web site is on the Bamberg homepage at www.bamberg.army.mil. On the ICE page you will find a list of services provided by the garrison such as “Dining,” “Housing,” “Recreation,” or “Travel/Transportation,” under which you will find the appropriate agency or directorate that offers those local services.

If you click on one, a page opens giving you the opportunity to rate the quality of service you received and an option to make comments about your personal experience at the facility or with the provider.

All comments are sent to the garrison commander and to the managers or directors of the service provider.

“Every comment is an opportunity for improvement,” said Mayer.

How we use ICE

Now that you know how to use ICE, here’s how your comments can make a difference.

A Warner Barracks resident recently submitted a comment regarding the new underground recycling center at Friendship Park.

The customer found the openings to the recycling containers to be too small to fit household plastic or yellow bags. Staff from the



In response to an ICE comment card, a new plastics container with larger openings is placed at the recycling station near Friendship Park. There are plans to place similar containers at all recycling stations on Warner Barracks.

Directorate of Public Works, Environmental Division received the comment, evaluated the concern, and responded by setting up a new container.

“This is a prototype container that we have developed which has an opening large enough for the whole yellow bag,” said Uwe Rauch, Bamberg Environmental Division.

These new containers will soon be set up at

every recycling station.

The staff also enhanced the openings of the underground containers making them now wide enough to fit large plastic recyclables such as detergent bottles.

ICE works, and in this instance, this comment brought about an improvement for the whole community. “ICE makes improvements possible,” said Ed Mayer.



Photo by Britta Vasquez

Kiap!

The Tiny Tot Team, led by instructor Rainer Giel, gives a tae kwon do demonstration at the Bamberg Child and Youth Services Kinderfest Sept. 8 at Warner Barracks. Kinderfest participants also enjoyed making puppets, face painting and various crafts.

PWOC expands study sessions

Story and photo by
JAMES FREDRICK
Bavarian News

Complete with a white cake, lace, a beautifully ornamented arch and plenty of pink, the Bamberg Community Chapel appeared ready for a wedding as the Protestant Women of the Chapel came together to kick off their fall program Sept. 5.

The event took on a bridal theme as Aimee Hart, vice president of programs explained, “We are the brides of Christ.”

More than 40 women, many of whom were new to the program, participated in the event.

PWOC is a ministry that encourages spiritual growth through prayer, Bible study, worship, and service and is open to all women regardless of denomination.

“We are really trying to reach out to as many women as possible,” said Juli Compton, Bamberg PWOC president. To accomplish this, the ministry is providing greater opportunities for group prayer and

study by offering two new types of sessions this fall—a lunch hour session and a Spanish language study.

The Working Woman’s lunch time Bible study gives female Soldiers and working women the opportunity to come together for lunch and fellowship every Tuesday from 11:30 a.m. - 1 p.m.

During this study woman can discover how God transforms ordinary women into extraordinary servants of Christ through the book “Twelve Extraordinary Women of the Bible” by John MacArthur.

Of the five additional studies offered this fall, the book, “Power of the Praying Wife” by Stormie Marmon, will be studied in Spanish. This best-selling author inspires women to develop a deeper relationship with their husbands by praying for them.

The PWOC regularly meets every Wednesday from 9 - 11 a.m. at the Bamberg Community Chapel. On-site childcare for children up to 5 years old is provided.

For more information about the programs offered this fall, e-mail PWOCBamberg@yahoo.com or contact Juli Compton at CIV:0951-301-5852.



Kori Armstrong, Chandra Platt, Araceli Balderaz, and Abby Montesall fill in a few more spaces on their “Bride Bingo” cards during the PWOC kickoff at the community chapel Sept. 5.

NCOs walk the gauntlet during induction ceremony

Story and photo by **KRISTA BROWNING**
Bavarian News

The 38th Personnel Services Battalion held their NCO Induction Ceremony, Aug. 30 at Warner Barracks, Bamberg. 32 newly promoted sergeants were posed with the question, “What is a non-commissioned officer or NCO?” The dictionary defines NCO as a subordinate officer (as a sergeant) in the Army, Air Force, or Marine Corps appointed from among enlisted personnel.

While taking part in the ceremony, Soldiers discovered that the answer is not that simple. Being an NCO is more than just being of a certain rank, it is about taking responsibility for yourself and others, about leadership and mentoring. The NCO Corps offers support and guidance to all Soldiers, but especially to those newly promoted sergeants, as the overall mission of the Corps is to support those inexperienced NCO’s in their roles as leaders.

Any NCO will tell you, that as an NCO, you are the link between receiving the order and completing the mission. An NCO at times is asked to both give and execute orders to get the job done. NCO’s are unique in the Army as they come from the enlisted ranks and are promoted to then lead those same ranks, truly, Soldiers leading their peers.

Guest speaker, Command Sgt. Maj. Scottie Thomas, Allied Forces Northern European Command (NATO) Battalion, reminded inductees that the second stanza of the NCO Creed contains the word ‘I’ seven times. “‘I will’, ‘I am’, ‘I know’. How you will take care

of your Soldiers, depends on how you interpret those ‘I’s,” Thomas stated.

Following Thomas’s comments the inductees recited the Charge of the Noncommissioned Officer, then “walked the gauntlet” to have their stripes wetted by their 1st Sgt’s. Made up of seasoned NCO’s, the gauntlet symbolizes the

support new sergeants can expect from others in the Corps. The wetting of the stripes is a time honored tradition that was started when rank stripes were sewn on one-by-one. The new stripe would stand out from the old ones and was wetted down to give the appearance that the stripe addition and therefore the promotion, were

not recent.

The ceremony was concluded with the new Corps members reciting the NCO Creed and junior Soldiers calling for the new sergeants to lead, teach and mentor them so that they can too, one day be inducted with pride and honor into the Noncommissioned Officers Corps.



Sgt. Kyle J. Wright steps through the gauntlet to have his stripes wetted, ensuring they look ‘old’, during the 38th PSB’s NCO Induction Ceremony Aug. 30 at Warner Barracks, Bamberg.

New, improved recycle center opens Sept. 25

USAG Bamberg Public Affairs

If you have a hard time sorting it all out when it comes to recycling, then look no further. A new recycling center is opening at U.S. Army Garrison Bamberg's Warner Barracks next week.

USAG Bamberg invites the community to see how easy recycling is and how it affects your life at the grand opening of the center Sept. 25 from 3 - 5 p.m.

Children can win prizes by bringing in their recyclable materials, participate in environmental games, and learn more about recycling.

The new center is conveniently located on Washington Loop down the street from the Stable Theater near Bldg. 7118. "The new center is spacious, clean and has better access than the old facility," explained Uwe Rauch, Bamberg environmental division chief, "and the facility is also in compliance with U.S. Environmental Protection Agency regulations and the German environmental laws."

Rauch says he wants to challenge Warner Barracks residents to become an even better recycling community.

"I know we can do it," he says. "Germany has a long tradition of recycling and so does Bamberg," said Dr. Isabelle Fahimi, Bamberg pollution prevention manager.

For example, the Bamberg Elementary School has introduced several environmental projects over the years such as the annual tree planting ceremony or the collection of empty toilet paper rolls – to see and weigh how much can be recycled in a month.

Dr. Delome Greenwald-Schmitt, a Bamberg Elementary School second grade teacher, and her class are currently designing posters to label the new trash receptacles.

Students are learning lessons about saving energy, sorting, and recycling while working together to raise community awareness.

Recycling is not complicated if you remember two important principles—sort the materials correctly and recycle as much as you can.

The new center will have 30 easily accessible containers for recyclable materials including paper, cardboard, metal, plastic, glass,



Photo by James Fredrick

Second grade students from the Bamberg Elementary School sort through recyclable materials to bring to the grand opening of the new recycling center. The eco-friendly students are also creating signs to label the paper, plastic, metal, and glass recycling containers.

household hazardous waste, bulk refuse that is too big for normal trash containers, rims and tires, electronic waste, toys, Styrofoam, used clothes (in plastic bags), bed linen, and shoes (tied in pairs).

"About 80 percent of what we throw away is recyclable," says Helmut Weis, environmental specialist. "Instead of cutting more trees or mining for more metals, we need to move

towards re-using what is already there. Making paper from paper, or cans from cans, is generally gentler to the earth."

How and how much we recycle effects everyone in the community because proper recycling means money said Weis. Current recycling rates on post are approximately 44 percent.

"We could automatically increase that figure

by 10 percent if everyone would separate their trash properly," he said.

The more recyclable material that can be sorted out of the garbage, the less there is to pay for the remaining waste.

"Recycling saves the Army money, money that could be used for parks or playgrounds, for example, if everyone would recycle right – and that is the challenge."

Bamberg Soldiers inducted into NCO Corps during ceremony

by Spc. HENRY SELZER
173d ABCT Public Affairs

Paratroopers of the 173d Brigade Support Battalion (Airborne), found out what it means to become a noncommissioned officer during a Sept. 7 NCO induction ceremony at the Nangarhar Airport Terminal (Jalalabad Airfield), Afghanistan.

"This ceremony was designed to instill pride in these NCOs and the organization to which they belong," said Army Command Sgt. Maj. Samuel Smith, command sergeant major of the 173d BSB during the ceremony.

The ceremony's events consisted of reciting the Creed of the Non-Commissioned Officer, guest speakers, refreshment, and fellowship.

The new sergeants signed their certificates

of induction with Smith, from Swansea, S.C., and a motivational speech from guest speaker Army Sgt. Maj. Antonio R. Reyes, a brigade operations sergeant major with the 173d Airborne Brigade Combat Team.

"You may not always make the perfect decision, but you must be prepared to stand up for what you believe is right, and have the courage to defend your position and your troops," said Reyes.

Army Staff Sgt. Eric Ingram, Co. C., 173d BSB believes the ceremony is a worthwhile event.

"I think the ceremony helps to keep Army tradition and is a good rite-of-passage and a wake-up call for these newly promoted (sergeants)," said Ingram, a Dallas, Texas, native.



Photo by Krista Browning

Yellow is the color of remembrance

Kristen Haener, a Bamberg Elementary school teacher and literacy coach along with second grade students, tie a yellow ribbon around a newly planted tree. Six trees were donated and planted by Badum, a German landscaping company, for the Bamberg Elementary School's Sept. 11 memorial observance.



Photo by Krista Browning

Go Broncos!

The Bamberg CYM minors tackle football team charges their banner to kick off the first game of the season against Vilseck at Pendleton Field, Warner Barracks Sept. 8.



Courtesy photos

Army Staff Sgt. Eric Ingram, Charlie Company, 173rd Brigade Support Battalion (Airborne), leads the new sergeants and attending crowd in the Creed of the noncommissioned officer during a ceremony conducted Sept. 7 at Jalalabad Airfield, Afghanistan.

Wuerzburg Health Clinic makes final move to Leighton Barracks

Story and photo by **ROGER TEEL**
Bavarian News

The Wuerzburg Health Clinic is vacating its longtime home in Wuerzburg’s Army hospital and relocating to Leighton Barracks.

The move to Bldg. 24, where the health clinic will be co-located with the Leighton Dental Clinic, is one of three phases of the hospital’s relocation project which began earlier this summer, according to Capt. Jerry D. VanVactor, Bavaria Medical Department Activity chief of logistics.

“This is phase two,” VanVactor said. “Phase one was the planning phase and phase three will be the relocation of the Bavaria MEDDAC to Vilseck in 2008.

“I told the commander (Col. Theresa Schneider) that she was going to be the first to go,” VanVactor said. “Once she and the command group were out of the building, it sent a signal to everyone that the move was on.”

In summer 2006, the Wuerzburg Medical Activity closed its health clinics in Kitzingen and Giebelstadt. At the same time, it closed all hospital inpatient and emergency services and a majority of specialty services.

The sweeping changes in the command’s local medical capabilities transformed its command and control structure from a hospital-centric model to a network-centric model, with eight separate community-based health clinics.

To reflect this shift and the fact that the headquarters will eventually leave Wuerzburg, the command was renamed the U.S. Army Medical Department Activity Bavaria.

The command group and supporting elements of the health clinic relocated to various buildings on Leighton Barracks the first week of September.

VanVactor said renovations to Leighton Dental Clinic to accommodate both the health

and dental clinics were finished on schedule for the health clinic to begin moving on or around Sept. 17.

“During the planning phase, Colonel Schneider told me there would be a lot of grieving during this move,” VanVactor said. “She was right. Many people on our staff have worked here a number of years and leaving the hospital is coming as quite a shock.”

VanVactor said one such employee, Ingrid Purucker, told him she had to find a new entry to the facility when she comes to work.

“She’s used the same entrance to the hospital nearly every day for all of the 42 years she’s been here,” he said. “Now it just saddens her to walk down the hallways and not see anybody or anything.

“Closing this hospital is like closing a piece of living history. This is one of the first American institutions that many people in this region saw after the war,” VanVactor added.

An official closing ceremony for the hospital, which has housed Americans since the end of World War II, is being planned. A date has not been set.

VanVactor, who arrived in Wuerzburg June 11, said the run-up to the move “has been like running a marathon.”

“When I got here none of the planning had been captured, so that was our starting point,” said VanVactor.

“I’ve treated this move much like a military deployment,” he said, adding that the planning and execution required detailed staff coordination and synchronicity. Blueprints of all the buildings on Leighton designated for their use were carefully studied before clinics and offices were assigned new locations.

“Moving a hospital is like a huge dance; it all has to be synchronized. Staff coordination is the hardest part, simply because we can’t

jeopardize our providers’ schedules or our patients’ access to care.”

The clinic continues to see patients during the relocation as the medical staff strives to provide seamless health care to all eligible beneficiaries. In case of an emergency, beneficiaries should activate German emergency services by dialing 112 or 19222.

The Leighton Health Clinic is expected to be fully operational Sept. 30, including all specialty clinics, the TRICARE service center, the medical records section, laboratory services,

pharmacy, and the wellness clinic. Health services will be limited during the move, but no beneficiaries will be turned away.

A list of clinic locations and phone numbers will be published in the near future.

“Col. Schneider is committed to preserving the high quality of health care that beneficiaries throughout the Bavarian footprint deserve,” said Maj. Lawanda Warthen, the command’s executive officer.

Call DSN 350-2317/3854 or CIV 0931-889-2317/3854 for information.



It’s moving day! The main entrance to the Wuerzburg hospital facility is quiet now, as medical services have shifted to nearby Leighton Barracks.

Warrior Transition Unit helping Soldiers heal

Story and photo by **KIMBERLY GEARHART**
Bavarian News

Wounded warriors in Schweinfurt have a unit to call their own now that the Schweinfurt element of the Bavarian Warrior Transition Unit has been activated.

In a town hall meeting Sept. 5, Lt. Col. Daniel Duecker, Schweinfurt Health Clinic commander, introduced the unit’s mission, features, and leadership to the 36 Soldiers who currently are on track to join the unit.

“The WTU is a distinct and separate unit within the community... dedicated to paying specific attention to wounded warriors,” and

their needs, Duecker said.

Soldiers who have been identified as needing special medical care for more than six months, Soldiers awaiting a medical board, or Soldiers who would have previously been put on a medical hold are all candidates for a move to the WTU.

WTU cadre will wear MEDCOM patches, but the Soldiers transferred to the unit itself will wear their original unit patch.

“We’re not going to take that away from you,” said Staff Sgt. Salvatore Hrycych, WTU platoon sergeant.

Duecker concurred, pointing out that the unit’s mission isn’t about patches, it’s about

“getting you healthy” so that Soldiers can transition back into service or out into the civilian world.

The unit will have a provider assigned to assist with care and will facilitate appointment scheduling and transportation.

“We already have two vehicles assigned to the WTU, courtesy of the garrison,” Duecker explained.

When Soldiers do not have appointments, they will be on duty. Duecker said that he, with the garrison’s help, is determined to find each member of the WTU “meaningful work” to do so that they don’t lose the skills that make them good Soldiers while they are healing.

Hrycych pointed out that the WTU is “just like a regular unit” in that they will have formations, PT, and regular working schedules.

In addition to the clinic facilities, ACS has set up a Soldier and Family Assistance Center in Bldg. 242.

The SFAC can be used as a place to relax, with a TV, sofas, and refreshments available, but more importantly, there will be a dedicated employee on hand to assist WTU Soldiers with whatever they need.

“Your job is to ask... Their job is to find a way to make it happen,” said Deputy Garrison Commander Justin Mitchell.

This includes helping set up appointments, getting directions, and even bringing legal assistance to the Soldiers at the center.

EEO seeks volunteer counselors

by **KIMBERLY GEARHART**
Bavarian News

The USAG Schweinfurt Equal Employment Opportunity Office needs volunteers interested in filling positions as collateral duty counselors.

Collateral duty means that counselors are employees in other areas that accept this extra duty with the permission of their supervisor.

“If they have a case to investigate, then being a counselor would take 15-20 percent of their time,” said Bennie Howse, EEO manager.

It is because of this time away from their primary assignments that supervisory approval is required.

EEO counselors investigate complaints of unfair or discriminatory employment practices. Right now, there are very few complaints locally, but there are no counselors available in the area when they arise, he said.

“Everyone’s moved, and if I have an investigation, I have to ask for help from other garrisons,” said Howse. He himself cannot investigate claims, since he serves as a deciding party regarding the complaint.

To become a counselor, interested parties must submit an application packet, approved by their supervisor, to the EEO office. If selected, the applicant will attend 32 hours of training, and must pass a certification exam.

“It’s a (Department of the Army) certification, and no matter how many classes you’ve taken, if you don’t pass, you can’t be a counselor,” Howse said.

Applicants should be GS-5 level or the NAF or NSPS equivalent, possess good verbal and written communication skills, and be able to review and investigate complaints with objectivity and professionalism.

Those who are interested can obtain an application package by stopping by the EEO office, located in Bldg. 206 on Ledward Barracks or via e-mail by contacting bennie.howse@us.army.mil.



Lt. Col. Daniel Duecker addresses the Soldiers identified as potential members of the WTU during a town hall meeting Sept. 5.

Schweinfurt Health Clinic welcomes new pediatrician

by **KIMBERLY GEARHART**
Bavarian News

Maj. Vinaya Garde is the “new kid on the block” at the Schweinfurt Health Clinic, and she’s here to help the kids on your block. Garde is a pediatrician.

Military Families stationed overseas are familiar with the constantly changing faces of health care providers as reservists and civilian doctors rotate in and out to supplement active duty staff.

Most often, these providers are general practitioners, able to see everyone from newborns to adults.

The addition of a pediatrician to the health clinic staff “for the foreseeable future” will greatly enhance the services available to Families in the community, said Clinic Commander Lt. Col. Daniel Duecker.

Garde, who began seeing patients at the end

of August, just sees an opportunity to help children.

“I love kids because they’re honest. What you see is what you get,” Garde said, which is why she loves being a pediatrician, although she admits that getting kids to cooperate with exams can be a challenge.

Garde, who joined the Army right out of high school, attended West Point, then medical school, and began practicing medicine in 1998.

She has been practicing pediatric medicine for nearly 10 years. And although she will not be the only doctor attending to children in the community, Garde says that she is always available to help or consult when other doctors need a pediatrician’s view.

“There is a balance you have to try to find between the number of people who want to be seen and the number of appointments available. ... It’s important for parents to feel their

concerns have been addressed and that they haven’t been rushed out the door in five minutes,” said Garde.

Like any doctor, her patient’s health and well-being are Garde’s main concerns. The recent rise in childhood obesity seen in the U.S. and around the world is a “big issue, and obese children are at a higher risk of becoming obese adults,” Garde said.

Garde notes that once children begin to become obese, the only option that doctors can offer is diet and exercise, since most obesity medication is not approved for children’s use. So, prevention is key.

“If I could get one message out to parents, it would be to ensure that your child is out there and active and just being a child,” she added.

She said sports activities, even simple games of tag on the playground, are critical to helping children maintain happy, healthy lives.

Child caregivers stepping up qualifications with CDAs

by SANDRA WILSON
Bavarian News

Child caregivers at Army Child Development Centers are highly encouraged to pursue a Child Development Associate, or CDA, certification in order to improve their quality of work and possibility for advancement.

After clocking a number of hours of training and working at the CDC, caregivers are eligible to request an application for the CDA. Once awarded the associate, the caregiver can qualify for a lead position and higher pay.

It also allows room for advancement into supervisory positions. According to Denise D’Adda, assistant director at the Schweinfurt CDC, parents can be assured that a certified caregiver is “more competent, has lots of training, is dedicated, and is in the field for the right reason.”

In order to become a candidate for the certification, caregivers must complete 13 modules which teach diverse skills like child health, safety, environment, and caregiver professionalism.

All of these skills are documented in a portfolio, which, upon completion, is nearly four inches thick, and then submitted for evaluation.

The certification process includes submitting confidential questionnaires filled out by parents and advisors observing and providing coaching for the caregiver. A rep from the National Association for the Education of Young Children visits and administers written and oral tests.

“It’s a good feeling to finally finish (the credential program),” said D’Adda. “Those (who) earned the CDA have told me that they feel more professional.”

Currently, two caregivers at the Schweinfurt CDC have been awarded their CDAs. Eight more workers are in the process of completing all the required components and awaiting evaluation.

It took Yolanda Pegher, preschool and

kindergarten lead teacher at Schweinfurt CDC, five months to complete the program. She worked at the CDC full time, and spent her evenings and weekends studying and putting together her portfolio.

She feels the program and its assessments are necessary for keeping caregivers up-to-date in the skills. And in the end, Pegher’s job is all about the children.

“You are the voice for these children,” said Pegher. “You have to keep them safe and protect (them).”

The certification is so long and complex that simply completing it shows how dedicated the caregiver is, said D’Adda.

“I thought I didn’t have the patience,” said Pegher, “but I was wrong... If I knew how rewarding it was to work with children, I would have come sooner.”

“ You are the voice for (the) children. You have to keep them safe and protect them. ”

Yolanda Pegher
Lead Teacher, Schweinfurt CDC

Readiness Camp preps local kindergarteners

Story and photo by SANDRA WILSON
Bavarian News

Preschoolers filed through the elementary school doors as first-time kindergarteners earlier this month with a bit more confidence, thanks to the garrison Child and Youth Services.

In preparation for that monumental first day, CYS offered a Kindergarten Readiness Camp Aug. 27-29, as part of the newly formed Blue Star program, to address the fears and expectations of new students and their parents.

“Sometimes it’s hard for the parents. Sometimes it’s hard for the child,” said Damon McGibboney, school liaison officer.

More than one-third of the 130 registered kindergarten students participated in the three-day readiness camp.

On Day 1, preschoolers and their parents gathered in the School Age Services gym before saying goodbye for the morning. The parents went to classrooms where they learned the importance of routine and how parental anxiety can be contagious for the child.

“It’s hard for me when she cries... I think (camp) is going to help,” said Mindy Kelley, a Headquarters and Headquarters Battalion, 1st Battalion, 7th Field Artillery Family member, as she left her daughter on the second morning.

“My kids can be shy sometimes around other people, but I think this will open (my daughter) up,” said Kelley.

Initially, the children broke up into five groups according to the teacher they would have for their kindergarten class at the elementary school. Small fliers with their teacher’s name and picture were posted on the walls of the gym where each group sat.

During this “circle time” the children and their leader discussed how to make a friend and established behavioral guidelines in school.



Victoria Loniewski gets help with her milk carton during the three-day camp. Jeremy Cuellar (left) and TJ Crosthwaite (right) joined her at the table for snacks.

Each morning, children practiced keeping their hands to themselves, getting in line, holding their buddy’s hand, and walking through the halls quietly. Center time provided activities for the children to learn shapes and colors as well as matching names with faces of the adults at the school.

“Every activity that we set up, every interaction that we had was based on strong underlying early childhood education and developmentally appropriate practices,” said Beth Potter, director of Youth Education Support Services, or YESS.

Touring the elementary school on Day 2 helped orient the children to their surroundings. They walked through the kindergarten wing and met their teachers, learned about cubbies, where they stow their belongings, and found the

bathrooms and drinking fountains.

The school’s librarian, nurse, counselor, vice principal, and receptionist greeted the children and explained what roles they would play in children’s new school lives.

The camp focused primarily on familiarizing the children and helping them make a few friends, said McGibboney, so that on the first day of school, they can recognize at least one face in their class.

“It’s like an adult going to a big seminar or conference— it helps to know someone,” said Peter Potter, SKIESUnlimited program assistant.

At the end of camp, children took home a personalized photo book, Schweinfurt Elementary T-shirts, certificates of completion, and a picture book about a raccoon’s first day of school.

Community speaks up at AAFES-DeCA town hall

byKIMBERLYGEARHART
Bavarian News

Schweinfurt community members had the chance to meet with members of the commissary and AAFES management teams as well as the garrison commander as part of an open community forum Aug. 28 in the Ledward Education Center.

Community members voiced concerns on issues ranging from parking at the commissary to the danger of children on Heelys in the PX. A recurring theme was a perceived lack of merchandise variety and item availability.

“Everyday we’re building on our variety,” said Schweinfurt PX manager Linda Lowry, who went on to suggest that if a customer has a special request, they should approach customer service.

“If we can find it in Europe, we will find it, and bring it in for you,” she said.

And what if your problem is just simply finding where an item is shelved in the store?

“Find a floor manager,” said Deputy Garrison Commander Justin Mitchell, jokingly noting that Lowry’s number is in his speed dial for just such an occasion.

Lowry announced changes in AAFES layaway policies, noting that the 120 day option has been cancelled, and items over \$299 dollars

are no longer eligible for layaway, but can be purchased through other credit programs, such as the Take It Home Today initiative.

Commissary store administrator Carol Jeffcoat and new store director Larry Weathers (who officially came on board Sunday) were on hand to answer questions regarding their store.

Weathers took the opportunity to make a much desired, long-awaited announcement.

“After 15 long months, we’ve got the front end back up,” he said

Effective Tuesday, the temporary commissary entrance is closed, and the original, larger front entrance has re-opened. The front end of the store now supports five registers and two self-checkouts.

“We’re still working out a few bugs,” Jeffcoat said, asking for patience as everyone adjusts to the new floor plan and equipment.

Like Lowry, Jeffcoat encouraged shoppers to put in special requests if there are specific items they would like to have made available. If the item is available in DeCA Europe, then chances are good that they can be ordered in Schweinfurt as well.

Commissary management also asked that shoppers who know they will be purchasing an unusually high amount of food—perhaps to supply a company picnic or family readiness group function—place a special order for those

items.

Commissary stock is ordered in limited numbers to preserve freshness and quality, and unexpected drains can seriously affect availability for other customers.

The forum, sometimes seen as a complaint session, is also an excellent venue for letting management and the command know what you do and do not enjoy about current services. One forum attendee took a moment to praise local facilities.

“You guys have got great deals that I probably couldn’t have found in the States,”said Sherri Reveal, Family member with the garrison’s Headquarters and Headquarters Company.

As AAFES and the commissary continue to make changes and improvements, community feedback is paramount in directing change and focus.

“Just being here shows that you are leaders in your community, because you come out, and you care,” said Lt. Col. Anthony Haager, garrison commander.

The next AAFES/DeCA forum date will be announced once it is finalized, but is expected to take place in November, possibly as part of a larger community roundtable meeting.

“Don’t wait until the next forum; if you have an issue bring it immediately to Linda or Larry,” Haager said.

69th ADA golfers get in to swing

Story and photo by Staff Sgt. JOHN QUEEN
69th ADA Public Affairs Office

Friends and Soldiers of Kitzengen’s 69th Air Defense Artillery Brigade enjoyed a day of fun in the sun Aug. 30, as they took to the links at Golfclub Kitzingen for the unit’s annual golf tournament.

The event, which was played using a golf scramble outline, started with a morning shotgun tee-off and took just over five hours for the 28 teams to complete.

“I think we had a much better turn out this year,” said Sgt. 1st Class Dennis Shay from the brigade’s Headquarters Battery. “More of the players had some experience with the game and knew what they were doing.”

Unlike tournaments played in previous years, the rules for this competition required every team to have at least one experienced golfer on it.

“We all shot to our skill levels,” said Shay, whose team shot nine over par to come in with the middle of the pack.

Generally in a golf scramble, each team consists of four players, with the most experienced one being the team captain.

Each player on the team tees off and hits their own ball throughout the 18 holes on the course. However, the shots to the flag stick are made from the best lie regardless of who hits it.

The event included several contest holes that had competitors vying for various BMW signature prizes.

Pvt. Ashley Mathis won for sinking a distance putt from nearly 20 feet away and Sgt. 1st Class Alejandro Espitia and Sgt. Atoyia Holt took top spot for landing their ball closest to the pin. All three Soldiers are from Headquarters Battery, 5th Battalion, 7th ADA.

The golfers enjoyed a moderately warm day with a steady breeze that added a degree of difficulty to the game for some of the less experienced players.

“It started off chilly but warmed up quite a bit by the end,” said Staff Sgt. William Jackson, one of Shay’s team mates. “It was probably one of the best days we’ve had for golf all year.”

Nearly 112 Soldiers from 5-7 ADA and the brigade’s headquarters took part in the event which ended with the team lead by 5-7 ADA’s top noncommissioned officer, Command Sgt. Major Ryan Jones taking home the first place trophies with their combined 10 under par.

Back in the clubhouse after the game the players enjoyed lunch while they listened for their chance to win one of nearly 30 raffle prizes.

The brigade is currently planning to hold one more tournament here in Germany next summer before it relocates to Fort Hood, Texas.

Contest Winners

- Pvt. Ashley Mathis** won for sinking a distance putt from nearly 20 yards.
- Sgt. 1st Class Alejandro Espitia & Sgt. Atoyia Holt** took top spot for landing their ball closest to the pin.
- More than 100 Soldiers** from 5-7 ADA and brigade headquarters participated



1st Lt. Arthur Ball sends his ball on a one way flight down the fairway at Golfclub Kitzingen’s 17th Hole.

Dragoons ‘ready to get started’

Continued From Page 1

With most of the 4,200 Soldiers assigned to the regiment already in country and some en route, the Dragoons are eager to add to the fabled history of the unit, said Command Sgt. Maj. Victor Martinez, 41, the regimental command sergeant major.

“Soldiers are excited to be here. There are many who have not deployed before,” said the native of Los Angeles. “This regiment has a great history and we’re going to write the next chapter. We want to make the regiment proud.”

Deploying is nothing new for the Dragoons. Many of the troops are already veterans of Operation Iraqi Freedom and the entire regiment moved from Fort Lewis, to Vilseck, Germany in 2006.

Coalition surge

The move’s intent was to showcase the Stryker vehicle to European allies. However, orders resulting from the Coalition Force “surge” sent the Dragoons to Iraq, Denny said.

According to Denny, who is on his second tour of Germany, moving families overseas in 2006, with all their household goods, vehicles and pets, was far more challenging than merely deploying the regiment’s Soldiers and equipment to Iraq in 2007.

Over four months, 3,000 Soldiers, 2,000 dependents and 601 pets made the move from Washington to Germany.

The Fertile Crescent

Following three months in Germany, after completing the move, the 2SCR Dragoons headed for the Fertile Crescent with seeing action in mind.

“The gunfire is here and like good Cav units, we came to the sounds of the guns and that led us to Iraq,” said Denny, who served in a tank battalion during the first Gulf War.

To prepare for the deployment, the Soldiers trained at the Hohenfels Combat Maneuver Training Center in Germany.

In addition, training conducted at home station included rules of engagement, first aid and the sharing of lessons learned on the battlefield, Martinez said.

“We have a lot of Soldiers who deployed before. Although things have changed, it’s good to rely on one’s previous experiences,” he said.

True to their motto, “Toujours Pret,” which is French for “Always Ready,” the Dragoons are already in the thick of it, as they learn the ropes from the homeward bound Arrowhead Brigade, 3rd BCT, 2nd Inf. Div.

Enemy ... firsthand

Some of the Dragoons have already seen the face of the enemy in Iraq, firsthand, including Martinez, the regiment’s highest ranking enlisted member. Recently, while on patrol an explosively-formed projectile (EFP) struck his Stryker while traveling in eastern Baghdad, near

Forward Operating Base Loyalty, he said.

“I had never been hit with an EFP. That was something else. I’ll never forget that,” said Martinez, who sustained minor shrapnel wounds from the blast.

Though no Soldiers were seriously wounded, the attack served as an early reminder to the Dragoons that there was an enemy with a lust for blood.

With their deployment just beginning, the Dragoon Soldiers try not to think too far ahead. Instead they focus on the present rather than the year-plus ahead.

Pacing ourselves

“We keep on saying to one another, ‘This is a marathon, it’s not a sprint.’ So we’re just kind of taking it day by day. But when you stay busy and have goals, time goes by pretty quick,” said Martinez, who has already spent more than a month in country.

That being said, the Dragoons are already diving into the mission.

“The phrase for the day is ‘It doesn’t get over until it gets started.’ We’re ready to get this thing started. We have a purpose. Our Soldiers are professional. They’re courageous. They’re ready to do their job like everyone else who wears the uniform here,” Denny said.

“It’s a vital job we’ve sacrificed a lot for already, as an Army, and as a nation. I would like to see this get done on our watch,” he said.

Results

Continued From Page 1

Results from the Walk 4 Freedom 5 & 10 KM Run/Walk are as follows:

Open 5K Women’s

1st place - Scott, Michelle 23:09
2nd place - Keating, Ashley 23:11

Open 10K Women’s

1st place - Core, Amber 58.34
2nd place - Ensebiu, Gilda 60:22

Master 5K Women’s

1st place - Dykema, Wendy 29:55
2nd place - Dunivan, Kristine 33:52

Master 10K Women’s

1st place - Burbello, Sue 46:44
2nd place - Isenhower, Sherrill 53:15

Senior 10K Women’s

1st place - Tilzey, Isabel 59:48

Open 5K Men’s

1st place - Dykema, David 24:48

2nd place - Ray, Tyler 26:48

Open 10K Men’s

1st place - Tilzey, Stephen 57:25

Master 10K Men’s

1st place - Rickard, Tom 49:09
2nd place - Grace, Derrick 63:36

Senior 10K Men’s

1st place - Jones, Sam 42:42
2nd place - Burns, John 44:51

5K Team Walk

1st place - Burning Barnetts 50:05
2nd place - Strykers Quickstrike 62:40
3rd place Awsome Strykers 63:28

Deadline Dec. 31

Continued From Page 1

could imagine accompanied by rhythms tapped out on whatever was near by—a toilet seat, his leg, or the wall.”

Brown said that the idea of the Songs from the Soul of Service competition came out of a board meeting where they were trying to find a way to better serve the community.

He recalled having seen a news story about life in Iraq, where a Soldier was playing his guitar to entertain his buddies.

“It occurred to me that if there was one Soldier writing songs in Iraq, there were probably others. I knew that the DSA had a strong background in running amateur songwriting contests—they have done so for nearly 20 years. I pulled off the highway, took out a pen and note pad, and wrote down ‘military songwriting contest’,” Brown said.

He went on to explain that the DSA is a nonprofit songwriting education organization, and that this contest reflects the DSA goals.

The specific goals of the competition are to provide the military with entertainment, to recognize and document songs associated with a unique chapter in U.S. history, and to provide the public a non-political

means of showing support for the men and women in the military.

There are first, second, and third place winners in each category, and one overall winner.

Each winner will receive a trophy, plaque, certificate, or stick-pin. The overall winner will also get a free weekend stay at the Gaylord Texan Resort.

The top songs will be compiled onto a CD, as well.

Soldiers interested in entering this year’s competition should visit www.SongsSoulService.org for details. Each person may enter up to four songs, but a song can only be entered once.

Separate entry forms must accompany each song. A copy of the lyrics must also be provided.

Submissions are accepted online, at the Web site listed above, or through the mail.

Everything should be mailed to: Songs from the Soul of Service, In Care of Dallas Songwriters Association, 3630 Harry Hines Blvd. Box 20, Dallas, TX 75219 USA. Mailed submissions also need the entry form, which should be printed off the Web site.

Entries must be received by Dec. 31. Winners will be announced in spring 2008.

Community encouraged to attend Walk

Continued From Page 1

assessor and one of the walk’s organizers detailed the purpose of the walk.

“The publicity premise is to raise awareness of disabilities. Many people think that even though we’re oversees we (somehow) don’t have the disabilities, but we do, and we have the resources to deal with them, same as in the States. We need people to be a little understanding of people needing help,” Kirlin said.

Vojtecky and Kirlin stressed the importance of volunteers to the event.

They said that last year volunteers helped line the path, cheer on participants, and helped with the fun activities at the end of the walk.

“The event will have more activities for children this year once we finish the walk,” said Vojtecky. “These activities are being organized by parents and volunteers.”

The activities will include face painting, collecting stickers to prove each station was passed along the walk, and perhaps even some tasty treats donated by volunteers, said Vojtecky.

“It’s a flat, easy walk. There will be lots of wheelchairs, and it’ll be easy for strollers,” Kirlin said.

Vojtecky said another goal of the walk was “to gather families together for networking and support and to increase awareness of community resources and October as Employees with Disabilities Awareness Month.”

If you would like to volunteer, contact Karen Vojtecky at DSN 476-3221 or CIV 09662-83-3221. If you would like to participate or attend and cheer on participants, Vojtecky said, “Just show up!”

Buyers best beware of banned products

by ROBERT SZOSTEK
U.S. European Command Customs

It is a crime to take many natural animal and plant products across international borders.

Foreign and U.S. customs authorities can confiscate the goods and issue a hefty fine.

People vacationing abroad should never buy live animals such as baby tortoises, turtles or birds or live plants such as cacti and orchids.

Beluga caviar is another restricted item as are traditional medicines containing ingredients such as tiger bone or rhinoceros horn, said Bill Johnson, Director of the U.S. European Command’s Customs and Border Clearance Agency

Artifacts made from hides, shells, feathers or teeth should also be avoided.

“Souvenirs made of tortoise shell, coral, ivory and skins may be openly sold in many countries but they are still illegal,” Johnson said. Ivory and whale teeth decorations, known as

scrimshaw and netsuke, are also banned.

He warned that most crocodile, lizard, snake, and all sea turtle products are prohibited too.

Reptile skins are often used in watchbands, handbags, belts, wallets and shoes.

More information is available by contacting your local customs office in:

■ Bamberg at DSN 469-7460, CIV 0951-300-7460

■ Hohenfels at DSN 466-2012, CIV 09472-83-2012

■ Schweinfurt at DSN 353-8349, CIV 09721-96-8349

■ Vilseck at DSN 476-2105, CIV 09662-83-2105

You can also visit the military customs Web site at www.hqusareur.army.mil/opm/uscustoms.htm.

A “Buyer Beware” pamphlet on endangered species is available at U.S. Forces Customs offices and online at <http://worldwildlife.org/trade/index.cfm>.



Grafenwoehr Commissary Grand Opening

Sept. 26, 2007
Ceremony 0900
Doors Open 0930

Great \$aving\$...Bargains throughout the store.

Great Prizes...The many manufacturing companies supporting your commissary are just as excited about the opening as you are and to make it even more exciting, they have donated some awesome prizes and giveaways for the event. Fill out an entry blank for a chance to win a **MINI COOPER!!! CAR TO BE GIVEN AWAY AT A LATER DATE.**

Other great prizes/giveaways include:

- 2 bikes
- Gift certificate checks
- 2 flat screen TVs
- Toys, games
- T-shirts, hats
- Baby product baskets
- 2 golf bags
- Multi-media entertainment center
- Soccer balls

And more!!!

All this and a case lot sale, too! Sept. 28-29, power shoppers can max their savings at the twice-yearly worldwide case lot sale. Hundreds of cases on many of the most popular products! Don't miss it! Bring your biggest car!

Fun: Watch a semi-professional Acrobat Team, bounce in a castle, talk to Tony and Tiger and the Keebler Elf, meet Private Pickle and the Hillshire Man. Hungry? Eat a free hotdog!

The fun starts on the 26th, but lasts for days!

THIS NEW COMMISSARY PROVIDED TO YOU THROUGH YOUR SURCHARGE FUNDS!!

Self motivation, discipline ideal traits for cross country athletes

*Coach Ritter:
2007 team
stronger than
in years past*

Staff report
Cross-country running is very different from running track or road running. Explain what makes cross country unique?

A cross country runner has to pay close attention to the course—you can not take the ground beneath you for granted. A root or a rock can end your race if you are not careful! The course varies tremendously from meet to meet so a good runner learns to read a course and make adjustments.

Coach Ritter, what attracted you to cross country, and how long have you been running cross country?

I like working with cross country athletes. (They) are self-starters, disciplined, and dedicated. I have been a runner since I was in college. Cross country is a natural sport for any runner, I wish I would have run in high school.

How strong is this year's Falcons cross country team? What is the overall makeup of the team?

This year's team is stronger than years past. We have three solid runners returning from last year (senior Stephen Newbauer, junior Shamyra Coleman , and sophomore Amber Core) who have shown good leadership at practice.

We have been supplemented by many new



Photo by Paula Guzman
Senior captain Stephen Newbauer leads the Vilseck High School cross country team as they run the back roads of Vilseck Sept. 12.

runners for a total of nine boys and seven girls. We are made up of a handful of year-round runners with many students coming out to get in shape for other sports. Self-motivators and disciplined students make great cross country athletes.

Does cross country receive as much attention and support as other team sports despite the fact that supporters cannot watch or attend a race? Is there any way for the community - parents or fans - to support our cross country team?

We do not get the crowds of football, basketball, or soccer but supporters can still

watch our meets. This weekend at Hohenfels we had over a dozen Vilseck fans come down and watch us race.

Are there any misconceptions about cross country?

That you have to be a natural runner to participate—no, you just need some heart and hard work.

What are your predictions for this season?

In our first meet (Saturday, Sept. 15) we took second (out of six teams) to Patch—which always fields a large, strong team. I think that we can aim for a few first place finishes this year

provided our team continues to push themselves at practice.

Give us a brief background on cross country. What are the course compositions, locations, lengths?

We run a 5km course that can differ from hills and rocks (at Hohenfels) to flat and soft (at Aviano).

Do girls and boys compete together? If not, what are the differences?

No, they race separately but we run together at practice—which helps push both groups.

How do you coach cross country?

They key thing is trying to individualize my instruction and coaching for different athletes—you can push (and bark at) the faster, more experienced runners but at the same time you have to be very encouraging to first time runners. I am aided this year by an assistant, Paul Strauss, whose help has been invaluable.

Who are the standout runners?

Our top female runners are junior Shamyra Coleman and sophomore Amber Core. Shamyra took 7th in Europe last year and is looking to improve. Amber came into the season in great shape and already took 3rd (out of 40) against tough competition at Hohenfels.

Our top male runners are basketball players, who thought they would try out cross country this year: junior PJ Cruz and senior Zach Green. They are small and quick and I just wish they would have come out for cross country earlier because they are natural runners.

Congratulations to the Vilseck Falcons girls and boys cross country teams. They placed second out of six teams Saturday during their first meet of the season at Hohenfels!

Hohenfels tennis coach: This year is going to be *our* year!

Continued From Page 8

Borg, yes Borg like my all time favorite men's player from the 70's! All in all I believe I have a lean mean 11-kid team that will shine this year.

Who will be your toughest competition this year?

That is hard to say because many kids have graduated and with the post closings, we do not know how many of the kids we played from teams last year are still around, but I think probably Mannheim and Patch will be our teams to beat.

In doubles last year, we were practically undefeated, but I am not so sure this year. Like I said, I don't really know those teams so well because we did not play them last year. If we do our best, and the kids are enjoying themselves, that's all I really care about.

I know they want to be competitive, but the bottom line is enjoyment of the game for the sake of the game.

Define success:

Success to me is when the kids you have worked with remember the time they spent playing the game, the team spirit, and the good sportsmanship that they learned.

Hopefully this carries over to other aspects of their lives. And, that they keep on playing tennis after they leave high school. I know Shaun is going to try out for the team at West Point when he begins school there, and I hope Ryan and Vicky continue to play after they graduate. Playing sports is a great metaphor for one's life because it is important to keep moving in positive directions.

What's in store for 2007?

This season I am hoping to get the team into a little better physical condition. I want to mix things up a little, run more, and do some different kinds of workouts, like spinning for example. We can all be in better shape, and that includes me! Luckily, most of the kids are in pretty good shape

already, and they don't mind working at getting into even better shape.

You don't really think of tennis players as working out a lot, but the game requires more endurance than it looks like from the outside. If you don't think guys like Federer are in great shape, think again! I would like to see some more overweight players on the pro tour, you know, some really beefy guys with big fat guts, but unfortunately, that's just not going to happen. This year, we are in better shape player wise than we were last year, so I don't think we can help but do better.

The team is more used to me now as well, so we have a more established relationship for me to base my coaching on. I took my coaching certification classes as well, so I have learned more about the psychology of coaching.

This year is going to be our year. And if I had one wish, it would be that more people would come out to cheer on the team.



Photo by Staff Sgt. John Kaminsky
Almost 600 runners round the first bend at the start of last year's Frankenstein Castle Run.

Don't miss last chance to participate in historic, final Frankenstein Castle Run

IMCOM-E press release

Runners and walkers will have one last chance Oct. 12 to huff and puff their way up the mountain to historic Frankenstein Castle, and this time, it won't cost them anything other than sweat.

As part of its swan song, the Darmstadt community will hold its popular – and challenging – Frankenstein Castle Run for the last time that Friday. Walkers as well as runners are invited to participate, and there will be no entry fee.

One of the premiere running events for the Army in Europe since the 1970s, it's a 13-kilometer (8-mile) cross-country trek that starts at Cambrai-Fritsch Kaserne and winds its way more or less easily through the woods and fields south of Darmstadt.

The last two kilometers, however, abruptly turn into a near-vertical climb rising about 80 meters (250 feet) to finish at the castle.

At this point, some runners

shamelessly turn into walkers.

Still, the route is scenic, the view from the castle is impressive, and participants will have the pleasure of knowing they helped write the last chapter in part of the Darmstadt military community's history.

The run was started in 1977 by a group of Soldiers belonging to the 440th Signal Battalion.

The Darmstadt-based unit, which inactivated earlier this year, organized the run every year thereafter except 1996 and 1998, when it was deployed. Two years ago, organization was taken over by Darmstadt community recreation division.

It grew from a small, local event to a one that drew runners from all over the military in Europe.

Registration begins at 7:30 a.m. on race day, with the starting gun going off at 10 a.m.

Other details are still being finalized, and will be released as soon as they are available.

Wuerzburg's Sean Danganian returns a backhand to Hohenfel's Ryan Matheson during the second set of a match between the number one boys seeds. Matheson won the match 4-6, 7-5, 6-2 and Hohenfels took the overall competition played Sept. 15 at Hohenfels.

Photo by Garry Barrows





Wuerzburg’s sophomore quarterback Forte’ Cunningham, right, lets loose with a left-handed heave during a recent scrimmage.

Wuerzburg Wolves ready for action, one last time

Story and photos by **ROGER TEEL**
Bavarian News

The Wuerzburg Wolves football team is nowhere near the powerhouse it used to be. Trophies now collecting dust in the school trophy case serve as testament to what once was – four Department of Defense Dependents Schools Division I championships in the past decade. The Wolves consistently knocked off favored contenders such as Ramstein, Heidelberg, and Wiesbaden when it mattered most – for titles.

This year’s edition of Wolves, fully aware of the school’s athletic tradition, have been relegated to Division III. Ramstein and Heidelberg have been replaced on the schedule by Hohenfels and Vilseck. With Wuerzburg schools slated for closure next year, the players and coaches are cognizant that this Wolves team is the last of the legacy.

“This is it!” said first-year coach Juanita Johnson-Archie. “The players all know it’s the end. They all know about the tradition here. “Everyone involved with the team wants a winning season,” she said. “That’s why there’s such a strong work ethic when we practice. We are playing to win.”

Coach Johnson-Archie, whose husband Allen Archie coaches the Stuttgart High School team, says this year’s Wolves are into “the numbers game.” The players say it’s not the size of the school or the size of the competition that

“They know that Vilseck or Hohenfels are getting new players when Soldiers and their Families arrive. And we’re not. What they see is what they get.”

Juanita Johnson-Archie
Head Coach

matters. What’s important is the number of players making the team. “They know that Vilseck or Hohenfels are getting new players when Soldiers and their Families arrive. And we’re not. What they see is what they get,” Johnson-Archie explained. “As a coach, I’m looking at it as just football. If we learn to play as a team, learn the basics and stick together, we’ll be successful.” With 27 players currently on the roster, Johnson-Archie says keeping injuries to a minimum and keeping seniors on the field are the keys to success.

“Senior AJ Miles is our only returning starter and was all-conference last year,” she said as she listed her impact players. “He’s played with the Wolves the past four years. “We expect big things from Joshua Glaze, another senior. And Ryan Barry has really stepped up this year. He plays fullback and linebacker. He’s someone we want on the field at all times. He’s also one of our four team captains.”

This is the first year senior Ben Snyder has played football and he will have a key leadership role on the small but close-knit squad. “Junior James Robinson was home schooled up until this year. He shows a lot of promise for someone with no previous football experience,” the coach said.

Sophomore Forte’ Cunningham will lead the Wolves’ offense, taking snaps as starting quarterback.

The first-year coach relies heavily on her

volunteer coaching staff. Eddie Johnson serves as defensive coach and O.S. Whitlock guides the offense. John Lapp and local German coach Andreas Nagel, who has assisted the Wolves the past six years “bring a lot to the team,” Johnson-Archie said..

“We’ve been practicing since Aug. 20, doing a lot of conditioning, running them pretty hard,” she said. “I was surprised, however, that not one of our players went to the week-long preseason camp in Ansbach this year.”

The Wolves’ six-game regular season began Saturday in Brunsum, Belgium, where they faced perennial DoDDS power AFNORTH. They’re on the road again this Saturday to Vilseck before their home opener Sept. 29 versus Vicenza.

The Wolves travel to Bamberg Oct. 6, and are tentatively scheduled to play two Friday night home games, Oct. 12 versus Hanau, and Oct. 19 against Hohenfels.

Their toughest opponent? “Vilseck,” said Johnson-Archie. “They look toughest for us right now.” Should they qualify, the Division III playoffs are where this final edition of Wuerzburg Wolves want their campaign – and legacy — to end.



Wuerzburg Wolves assistant coach Eddie Johnson tends to Shane Abreo at a recent practice. With a 27-man roster, keeping injuries to a minimum is critical for this year’s Wolves.

Offensive coach O.S. Whitlock directs the offense from inside the huddle at a recent Wuerzburg Wolves practice session.



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Active duty, U.S. Army Reserves, Army National Guardsmen, and Active Guard Reserves are eligible to apply for sports within the All Army Sports Program.

Currently we offer the following sports: Boxing; Wrestling; Taekwondo , Track and Field; Cross Country; Basketball; Volleyball; Softball; Bowling; Racquetball; Golf; Soccer; Rugby; and Marathon.

Active duty Soldiers must apply through

their installation sports office. Applicants must have graduated basic training and advanced individual training.

Active duty officers must have graduated their basic course and be assessed. DA Form 4762-R, must be filled out completely.

DA Form 4763-R is only required for the sport of boxing. All applications must be taken to the installation sports office for proper submission to the Department of the Army Sports Office.

If a Soldier is not at an installation, applications may be faxed to (703) 681-7245 or DSN 761-7245 along with a cover sheet

explaining they are not stationed at an installation.

USAR and ARNG soldiers must submit the following forms:

- Letter from the State releasing them from active duty
- DA Form 4762-R
- DA Form 4763-R (if applying for boxing)
- DD Form 93 (Emergency Record Data)
- SGLV 8286 (Service Members’ Group Life Insurance)
- Direct Deposit Sign-up Form
- DA Form 3685

Sports Briefs

Golf championship slated at Bamberg Saturday, Sunday

Compete in this two-day tournament Sept. 22 and 23 and be named Bamberg’s 2007 Golf Champion.

Tee-off times start at 9 a.m. at the Bamberg Whispering Pines Golf Course. Registration cost \$30 per player.

Call CIV 0951-300-8953 for more information.

Want to promote your sport? Call us today!

Just call DSN 475-7113 or e-mail adriane.foss@us.army.mil for coverage.

Apply now for Armed Forces Cycling Team

Applications are now being accepted for the 2008 U.S. Armed Forces Cycling Team.

The application deadline is Sept. 30. U.S. Armed Forces Cycling Team members will represent the U.S. Armed Forces in local, regional, national and international events throughout the 2008 season. Each service branch has a different procedure for sports applications. All can be found online:

AIR FORCE: www.usafsports.com

ARMY: www.armymwr.com/portal/recreation/sportsandfitness/application/<http://www.armymwr.com/portal/recreation/sportsandfitness/application/>

The U.S. Armed Forces Cycling Team also requires a soigneur and a licensed bicycle mechanic.

For further information on required qualifications and position duties for these two positions contact Team Manager Debra Ponzio, debra.ponzio@sembach.af.mil.

Weekly Golf Scramble slated every Thursday

Join the weekly Thursday Night Scramble Golf Tournament at 5 p.m. at Bamberg’s Whispering Pines Golf Course.

Entry fee is only \$5 per person. Please register by 4:30 p.m.

Tournament starts at 5 p.m. Call DSN 469-8953 for more information.

Are you a golfer? Find golf courses in Europe through ODR

Outdoor Recreation knows the great places to golf this summer.

Call ODR at DSN 475-7402.

Red, White, and Cheer! Junior Falcon Clini

Join the cheerleaders for a night of cheer dance and fun Oct. 5

Ages 4 – 13 can come learn cheers, chants and dances to shout out at the **Varsity Football Pre-Game show Oct. 6** as we pay tribute to our deployed Soldiers.

The clinic will be held at the Vilseck High School multi-purpose room and the pre-game show will be held at the stadium.

The cost is \$20. Pick-up registration at the high school or contact Daniele Massey at CIV 09662-701-566.

- DA Form 5960
- DD Form 2058
- DA Form 1058-R
- Form W-4
- HIV test RESULTS completed within 6 months of trial camp and/or championship where trial camp is not offered.

AGR soldiers must submit DA Form 4762-R and a copy of their active duty orders/contract showing they will be on active duty through the training camp and/or championship.

Visit <http://www.armymwr.com/portal/recreation/sportsandfitness/application/>.